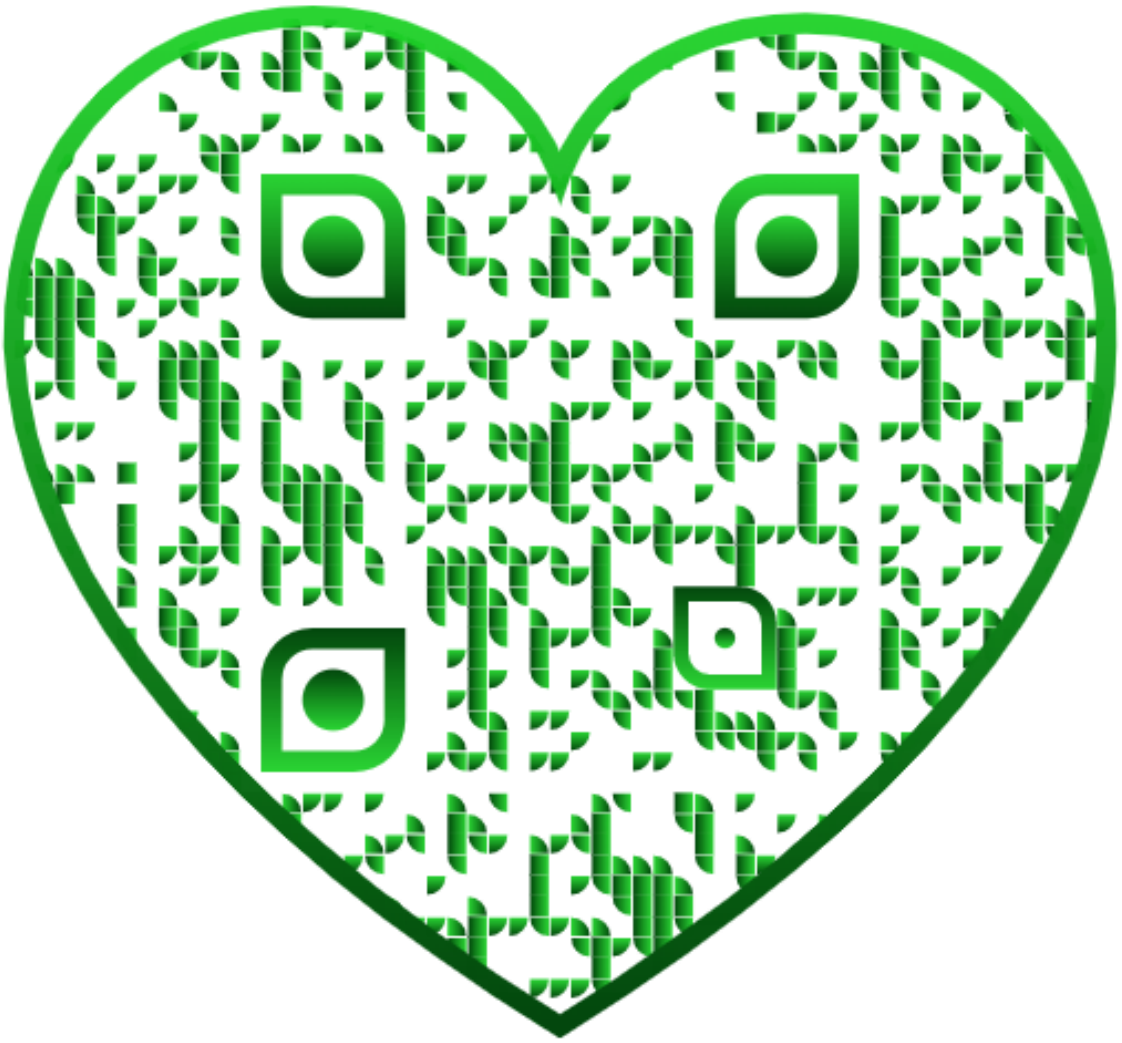
Better Homes and Gardens®

the *ultimate* soups & stews book

More than **400** satisfying meals in a bowl



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Introduction

Creamy Chicken Noodle Soup

soups for every season!

No matter the time of year, nothing can be more satisfying than a bowl of soup. Much of the appeal of this comfort food comes from its glorious aromas and so many distinctive flavors and styles, whether creamy or clear, casual or elegant, brimming with seafood or thick with vegetables. But more than ever, soups and stews are a way to bring fresh, seasonal flavors to the table.

Dish up any one of the extraordinary recipes in this collection and you'll be sure to draw rave reviews every time. From the timeless classics to soups with innovative ingredient pairings, the recipes cover every course—from appetizers to desserts. What's more, you can easily adapt many of the recipes to incorporate ingredients you have on hand or leftovers you want to use. Look for icons that identify our best slow-cooker recipes as well as low-fat soups. Another bonus: You'll find basics on making homemade stock, customizing your own soups, and tips that show you how to master soups of all kinds. Making soup has never been so easy!

Look for these tabs throughout to guide your recipe choices

Recipes with 10 grams of fat or less per main-dish serving ▸ lowfat slowcooker ◂ *Recipes that include slow cooker directions*

1

soup-making basics

If you know how to boil water and have a few essential ingredients on hand—vegetables, meat, beans, and/or grains—you can make soup. To help you get started, here are a few basics on making rich soup stocks, plus techniques for cooking and freezing soups and stews. You'll also find oodles of ideas for customizing your own tasty soups.

Chicken Stock
Beef Stock
Vegetable Stock
Make-It-Mine Soup
Make-It-Mine Chili

soup terms

Not all soups are alike. Texture, consistency, and ingredients are what differentiate one soup from another. Here are several types of soups you'll run across in this book.

Bisque: a rich, thick, smooth soup that's often made with shellfish, such as lobster or shrimp. It is usually thickened by pureeing ingredients or adding cream.

Chowder: a thick, chunky soup. Traditionally, a chowder is made with seafood or fish, but chowders made with poultry, vegetables, and cheeses have become popular.

Stock: a strained, thin, clear liquid in which meat, poultry, or fish has been simmered with vegetables and herbs. While normally used as an ingredient in other soups, it can be enjoyed as a light course on its own.

Gazpacho: a vegetable soup served cold, often made with tomatoes as the key ingredient.

Gumbo: hearty bowls of seafood, vegetables, and/or meat chunks that have thick broths and Creole seasonings.

Stew: a very thick soup based on chunks of meat or occasionally fish and vegetables. The thick souplike broth is a combination of the stewing liquid and the natural juices of the food being stewed.

*Stock your pantry with canned broth, stewed tomatoes, dried pasta, and herbs and seasonings. Combine with fresh veggies or

leftover meat for a quick soup supper that offers home-cooked comfort.

HOT or COLD

To keep soup piping hot, serve it in warm bowls. Cold soups are more refreshing and stay cold longer when served in chilled bowls. Follow these guidelines to enjoy your soup at the right temperature.

To warm bowls: Preheat your oven to the lowest setting; then turn it off. Place bowls in the oven for 5 to 10 minutes before serving time.

To chill bowls: Place bowls in the refrigerator for 10 to 15 minutes before serving time.

Reheating soups: When reheating soup on the stove top, use high heat for broth-based soups and low heat for purees or cream soups. Bring soup to a gentle simmer until heated through. Stir as often as necessary to keep it from burning. Watch bean, potato, or flour-thickened soups closely, as they can burn easily.

stock up

Rich, velvety homemade stocks are the building blocks for many soups and stews. Simmer chicken or meat, vegetables, seasonings, and water for a few hours to make your own pot of liquid gold.

Stock your pantry

When a recipe calls for broth, use one of the following convenient options to impart rich, distinctive flavor to your soups:

* **Canned broth:** Use chicken, beef, or vegetable broth straight from the can or resealable carton. If you prefer lower-sodium varieties, use reduced-sodium or even unsalted chicken or beef broth.
* **Bouillon:** Instant bouillon granules or cubes are available in chicken, beef, and vegetable flavors. Mix 1 teaspoon or 1 small cube with 1 cup water. These also come in low-sodium varieties.
* **Condensed broth:** Cans of condensed chicken or beef broth, which are stronger than regular-strength broth, are also a quick-

fix option. Dilute them for use according to the label directions.

lowfat

chicken stock

prep: 25 minutes **cook:** 2½ hours
makes: 6 servings

3 pounds bony chicken pieces (wings, backs, and/or necks)
3 stalks celery with leaves, cut up
2 medium carrots, unpeeled and cut up
1 large onion, unpeeled and cut up
4 sprigs fresh parsley
2 bay leaves
2 cloves garlic, unpeeled and halved
1 teaspoon salt
1 teaspoon dried thyme, sage, or basil, crushed
½ teaspoon whole black peppercorns or ¼ teaspoon ground black pepper
6 cups cold water

1 If using wings, cut each wing at joints into three pieces. Place chicken pieces in a 6-quart Dutch oven. Add celery, carrots, onion, parsley, bay leaves, garlic, salt, thyme, and peppercorns. Add the water. Bring to boiling; reduce heat. Simmer, covered, for 2½ hours. Remove chicken pieces from Dutch oven.

2 Strain stock into a large bowl through two layers of 100-percent-cotton cheesecloth placed in a colander. Discard vegetables and seasonings. If desired, clarify stock.*

3 If using the stock while hot, skim off fat. Or chill for 6 hours; lift off fat with a spoon. If desired, cool chicken; remove meat from bones, discarding bones and skin. Reserve chicken for another use. Place stock and reserved

chicken in separate airtight storage containers. Cover and chill for up to 3 days or freeze for up to 6 months.

nutrition facts per serving: 30 cal., 2 g total fat (1 g sat. fat), 5 mg chol., 435 mg sodium, 1 g carb., 0 g dietary fiber, 0 g sugar, 2 g protein.

* **To clarify hot strained broth,** return broth to Dutch oven. In a small bowl, combine ¼ cup cold water and 1 beaten egg white. Stir water mixture into broth. Bring to boiling. Remove from heat and let stand for 5 minutes. Strain the broth again.

Simmer slowly For chicken stock, simmer the meat and vegetables on the stove top for 2½ hours. Gelatin from the bones helps thicken the stock.

Strain the stock Strain the stock through two layers of 100-percent-cotton cheesecloth layered in a colander set over a large bowl. Discard chicken and vegetables. If desired, clarify broth.

beef stock

prep: 30 minutes **cook:** 3½ hours **roast:** 30 minutes
makes: 6 to 7 servings

4 pounds meaty beef soup bones (beef shank crosscuts or short ribs)
½ cup water
3 medium carrots, cut up
2 medium onions, unpeeled and cut up
2 stalks celery with leaves, cut up
1 tablespoon dried basil or thyme, crushed
1½ teaspoons salt
10 whole black peppercorns
8 sprigs fresh parsley
4 bay leaves
2 cloves garlic, unpeeled and halved
8 cups water

1 Preheat oven to 450°F. Place soup bones in a large, shallow roasting pan. Roast about 30 minutes or until brown, turning once.

2 Place soup bones in a large pot. Pour the ½ cup water into the roasting pan and scrape up browned bits; add water mixture to large pot. Stir in carrots, onions, celery, basil, salt, peppercorns, parsley, bay leaves, and garlic. Add the 8 cups water. Bring to boiling; reduce heat. Simmer, covered, for 3½ hours. Remove soup bones from broth; set aside.

3 Strain broth. Discard vegetables and seasonings.

4 If using the broth while hot, skim fat. If storing broth for later use, chill broth in a bowl for 6 hours; lift off fat with a spoon. Place broth in airtight containers. Cover and chill for up to 3 days or freeze for up to 6 months.

5 If desired, when bones are cool enough to handle, remove meat. Chop meat; discard bones. Place meat in airtight containers. Cover and chill for up to 3 days or freeze for up to 3 months.

nutrition facts per serving: 17 cal., 0 g total fat (0 g sat. fat), 3 mg chol., 595 mg sodium, 2 g carb., 1 g dietary fiber, 1 g sugar, 1 g protein.

*Just a handful of ingredients can yield an ultraflavorful broth. Fill the pot with cool water and slowly bring it to a simmer. This gradual heating allows a more gentle infusion of flavors.

vegetable stock

prep: 25 minutes **cook:** 2 hours
makes: 6 servings

4 medium yellow onions
4 medium carrots
3 stalks celery with leaves
2 medium parsnips or carrots
2 medium potatoes
1 medium sweet potato
1 pound fresh button mushrooms
8 cups water
1½ teaspoons salt
1 teaspoon dried dill, basil, rosemary, or marjoram, crushed
½ teaspoon whole black peppercorns or ¼ teaspoon ground black pepper

1 Do not peel vegetables unless coated with wax. Cut onions into wedges. Cut carrots, celery, parsnips, and potatoes into about 2-inch pieces.

2 Place cut-up vegetables and mushrooms in a 6-quart Dutch oven. Add the water, salt, dill, and peppercorns. Bring to boiling; reduce heat. Simmer, covered, for 2 hours.

3 Strain stock into a large bowl through two layers of 100-percent-cotton cheesecloth placed in a colander. Discard vegetables and seasonings. Place stock in airtight storage containers. Cover and chill for up to 3 days or freeze for up to 6 months.

nutrition facts per serving: 12 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 599 mg sodium, 3 g carb., 1 g dietary fiber, 1 g sugar, 0 g protein.

soups on hand

Soups can often be made in large batches—simply double a recipe that makes four to six servings and you'll likely have leftovers for future meals.

love leftovers

Leftovers from big-batch soups make great last-minute lunches. Follow these tips to store your soups and stews short term or long term.

1 To cool hot soup quickly for storage, place the soup pot in the kitchen sink. Fill the sink with cold water and ice, making sure the water level isn't high enough to splash into the pot or cause the pot to float. Stir several times while the soup is cooling. Add more ice to the water as necessary.

2 To refrigerate soup, ladle cool soup into a shallow storage container. Cover and refrigerate for 2 to 3 days.

3 To freeze soup, ladle individual servings of soup into freezer-safe containers, leaving ½ to 1 inch of space at the top of the container. Cover and freeze for up to 2 months.

4 Thaw frozen soup overnight in the refrigerator or thaw soup using the defrost setting on the microwave.

5 Avoid freezing soups with cubed potatoes (they may become mealy after thawing) and soups or stews thickened with cornstarch or flour (they may lose their thickening capacities during freezing).

a fine kettle for soup

The selection of pans and cookware suitable for soup-making has never been greater. Consider the following when choosing the pot that’s right for you.

Large Saucepan

Capacity: 3- to 4-quart capacity
Features: Consider a pan with a short helping handle opposite the usual long handle.
Uses: Smaller batches of soup, stew, or chili.

Dutch Oven

Capacity: 4- to 6-quart capacity (for family-size servings)
Features: Heavy pot with handles and a tight-fitting lid; traditionally made of cast iron. Retains heat very well and cooks evenly on the stove top or in the oven.
Uses: For simmering soups or stews on the stove top or in the oven.

Slow Cooker

Capacity: 3½ to 5-quart capacity (for family-size servings)

Features: Stove top–safe inserts; can use for browning meats. Cooks on high and low settings.

Uses: Great for long simmering of well-exercised cuts of meat, which become fork-tender.

Stockpot

Capacity: 6- to 8-quart capacity

Features: Large, deep pot with handles and straight sides; the limited surface area minimizes evaporation during simmering. During cooking, liquid bubbles up through layers of ingredients, developing maximum flavor.

Uses: Large batches of soup, stew, or chili.

*Learn to taste soups as you cook, especially nearing the end, and adjust the seasoning to your liking.

converting to the crock

Most of our soups, stews, and chilis can easily be adapted for the slow cooker. Adjust amounts to fill your cooker half to three-fourths full and follow these rules.

vegetables

Cut veggies—such as carrots, potatoes, and root vegetables—into small uniform pieces so they will cook evenly and completely.

liquids

Because the liquid doesn’t boil away in a slow cooker like it does from a pot, you may not need quite as much as you would for stove-top cooking. Start with less—you can always add more later, if necessary.

meat & poultry

Long, slow cooking times are great for tougher cuts of meat, such as pork shoulder or beef chuck. Thaw your meat and poultry completely, and if you choose to brown the meat, do so right before adding to the slow cooker. Always remove skin from poultry.

beans

Dried beans require precooking. First, rinse the beans; place in a saucepan. Add enough water to cover beans by 2 inches. Bring to boiling; reduce heat. Simmer uncovered for 10 minutes. Remove from heat; cover. Let stand for 1 hour. Drain and rinse.

tasty toppers

Every soup—whether brothy, creamy, or chunky—gets a punch of pizzazz from a creative topper. Give one or more of these a try or come up with one of your own.

bacon
Crumbled bacon is good on cheesy, creamy soups.
nuts & seeds
Try salted, roasted pumpkin seeds, sunflower kernels, peanuts, or cashews.
fresh herbs
Try snipped basil, thyme, chives, or parsley.
rich crackers
Crumble rich round or rectangular crackers into any soup.
seasoned croutons
Reach for store-bought croutons for a quick topping.
oyster crackers
Add a handful of these bite-size soup crackers or crushed saltine crackers.
cheese
Shredded cheese of any sort adds richness and flavor.
potato chips
Why eat chips on the side when you can add them to your soup?
cheese crackers
Fish-shape cheese crackers are the perfect size to fit on your spoon.
veggie chips
These colorful chips add flavor and visual interest.

make-it-mine soup

Soups are the most forgiving of dishes and willingly accept almost any ingredient. Based on what's in season or your tastes, make up a clever new concoction.

start to finish: 30 minutes
makes: 4 servings

2 tablespoons vegetable oil
8 ounces Meat
3 cups chopped Vegetables
1 32-ounce carton beef broth or chicken broth
½ of a 6-ounce can tomato paste (⅓ cup)
1 1-ounce envelope onion soup mix
½ teaspoon Dried Herb (or ¼ teaspoon crushed red pepper)
1 cup cooked Beans or Other
Salt and ground black pepper

1 In a 4- to 5-quart Dutch oven heat 1 tablespoon of the oil over medium-high heat. Add Meat; cook and stir until meat is brown and cooked through. If necessary, drain off fat. Remove meat from pan; set aside.

2 In the same Dutch oven heat the remaining 1 tablespoon oil over medium-high heat. Add Vegetables; cook and stir for 3 to 5 minutes or until vegetables are crisp-tender. Return meat to Dutch oven.

3 Stir in broth, tomato paste, onion soup mix, and Dried Herb. Bring to boiling over high heat; reduce heat. Simmer, covered, for 15 minutes. Stir in Beans or Other. Season to taste with salt and pepper.

meat

(pick one):

boneless chicken, turkey, beef, or lean pork, cut into 1-inch pieces • ground meat, such as beef, turkey, chicken, or sausage

vegetables

(use assorted or pick one):

onion • green peas • small broccoli florets • celery • carrots • potatoes • corn kernels • tomatoes • zucchini • sweet peppers

dried herb

(pick one):

rosemary • oregano • basil • Italian seasoning • crushed red pepper

beans or other

(pick one):

canned beans, such as kidney, black, Great Northern, or navy, rinsed and drained • cooked barley • cooked rice • cooked pasta

make-it-mine chili

With so many possibilities for making great chili, why limit yourself to the usual formula? With this recipe you can mix and match your way to your own one-bowl wonder.

prep: 25 minutes **cook:** 20 minutes
makes: 8 servings

1½ pounds Meat
3 cups chopped Vegetables
4 cloves garlic, minced
1 tablespoon vegetable oil
2 15-ounce cans Beans, rinsed and drained
2 14.5-ounce cans diced tomatoes, undrained
1 15-ounce can tomato sauce
1 cup Liquid
2 tablespoons chili powder
1 teaspoon Dried Herb, crushed
½ teaspoon ground black pepper or crushed red pepper
Desired toppings

1 In a large Dutch oven cook Meat, Vegetables, and garlic in hot oil over medium-high heat until meat is brown and vegetables are tender. Drain fat. Stir in Beans, tomatoes, tomato sauce, Liquid, chili powder, Dried Herb, and pepper.

2 Bring to boiling; reduce heat. Simmer, covered, about 20 minutes for ground meat (about 1 hour for cubed meat) or until meat is tender, stirring occasionally.

3 Ladle chili into bowls. Serve with desired toppings.

meat

(pick one):

boneless beef chuck top blade (flat-iron) steak or pork shoulder, trimmed and cut into ¾-inch cubes • beef stew meat • ground beef or pork

dried herb

(pick one):

thyme • oregano • Italian seasoning • basil

liquid

(pick one):

beer • water • beef broth • apple juice • chicken broth

beans

(pick one):

black • pinto • garbanzo (chickpeas) • cannellini (white kidney • red kidney

2

bubbling-hot classics

Some of your favorite soups may be the ones you’re most familiar with. Whether it’s traditional French onion soup topped with a blanket of nutty Gruyère or an old-fashioned ham and bean soup that simmers all day, nothing satisfies like these steaming bowls of comfort.

French Onion and Beef Soup
All-American Cheeseburger Soup
Beef Bourguignon
Old-Fashioned Beef Stew
Beef Ragout with Gravy
Beef and Red Bean Chili
Beef and Barley Stew with Roasted Winter Vegetables
Busy-Day Beef-Vegetable Soup
Meatball and Vegetable Soup with Pasta
Hearty Mexican Beef Stew
Goulash
Chipotle-Braised Short Ribs and Cheesy Polenta
Creamy Chicken Noodle Soup
Chicken Noodle–Vegetable Soup
Chicken Minestrone Soup
Wild Rice and Turkey Soup
Split Pea Soup
Creamy Corn Chowder
Baked Potato Soup

french onion and beef soup

start to finish: 25 minutes
makes: 4 servings

The addition of beef transforms a traditional French onion soup into a satisfying main dish. Take your pick—use leftover roast beef or buy something from the deli.

3 tablespoons butter
1 medium onion, thinly sliced and separated into rings
2 10.5-ounce cans condensed French onion soup
2½ cups water
8 ounces cooked roast beef, cubed
4 1-inch slices French bread
½ cup shredded Gruyère cheese or Swiss cheese (2 ounces)

1 In a large skillet heat butter over medium heat until melted. Add onion; cook for 5 to 7 minutes or until very tender. Stir in French onion soup, the water, and beef. Bring to boiling, stirring mixture occasionally.

2 Meanwhile, preheat broiler. Place bread slices on a baking sheet. Broil about 4 inches from the heat about 1 minute or until toasted on one side. Top the toasted sides of bread slices with cheese. Broil about 1 minute more or until cheese is melted.

3 Top each serving with cheese bread slices.

nutrition facts per serving: 465 cal., 21 g total fat (10 g sat. fat), 82 mg chol., 1701 mg sodium, 40 g carb., 3 g dietary fiber, 28 g protein.

all-american cheeseburger soup

prep: 20 minutes **cook:** 20 minutes **broil:** 1 minute
makes: 6 servings

Here's a fun and tasty soup recipe the whole family can enjoy. For the full cheeseburger effect, serve on toasted buns with all the fixings.

1 pound ground beef
½ cup chopped onion (1 medium)
½ cup chopped celery (1 stalk)
2 cloves garlic, minced
2 tablespoons all-purpose flour
2 14-ounce cans reduced-sodium beef broth
2 medium potatoes, scrubbed and coarsely chopped
1 14.5-ounce can diced tomatoes, drained
1 8-ounce package shredded cheddar and American cheese blend (2 cups)
1 6-ounce can tomato paste
¼ cup ketchup
2 tablespoons Dijon-style mustard
1 cup whole milk
6 cocktail buns or brown-and-serve rolls, split and toasted*
Assorted condiments (pickles, onions, lettuce, mustard, and/or ketchup) (optional)

1 In a large pot cook beef, onion, celery, and garlic over medium heat until meat is browned and vegetables are tender; drain fat. Sprinkle flour on beef mixture; cook and stir for 2 minutes. Stir in broth and potatoes. Bring to

boiling, stirring occasionally. Reduce heat. Simmer, covered, for 10 minutes or until potatoes are tender.

2 Stir in tomatoes, cheese, tomato paste, ketchup, and mustard; cook and stir until soup comes to a gentle boil. Stir in milk; heat through. Serve with toasted buns and top with condiments.

nutrition facts per serving: 528 cal., 27 g total fat (13 g sat. fat), 94 mg chol., 1461 mg sodium, 39 g carb., 4 g dietary fiber, 32 g protein.

***note:** To toast buns, preheat the broiler. Place split buns, split sides up, on a broiler pan. Brush with 1 tablespoon melted butter or olive oil. Broil 4 to 5 inches from heat for about 1 minute or until golden.

slowcooker

beef bourguignon

prep: 40 minutes **cook:** 1¼ hours
makes: 6 servings

To peel pearl onions easily, place them in boiling water for 30 seconds; drain and rinse with cold water. Cut off the root end and squeeze from the other end.

1 pound boneless beef chuck roast, cut into ¾-inch cubes
2 tablespoons vegetable oil
1 cup chopped onion (1 large)
1 clove garlic, minced
1½ cups Burgundy
¾ cup beef broth
1 teaspoon dried thyme, crushed
¾ teaspoon dried marjoram, crushed
½ teaspoon salt
¼ teaspoon ground black pepper
2 bay leaves
3 cups whole fresh mushrooms
4 medium carrots, cut into ¾-inch pieces
8 ounces pearl onions or 2 cups frozen small whole onions
2 tablespoons all-purpose flour
¼ cup water
3 cups hot cooked noodles or mashed potatoes
2 slices bacon, crisp-cooked, drained, and crumbled
1 tablespoon chopped fresh parsley

1 In a large pot cook half of the meat in 1 tablespoon of the hot oil until meat is brown; remove meat from pan. Add remaining oil and meat, chopped onion, and garlic to pot; cook until meat is brown and onion is tender. Drain fat. Return all meat to pot.

2 Stir in wine, beef broth, thyme, marjoram, salt, pepper, and bay leaves. Bring to boiling; reduce heat. Simmer, covered, about 45 minutes, stirring occasionally. Add mushrooms, carrots, and pearl onions. Return to boiling; reduce heat. Simmer, covered, for 25 to 30 minutes more or until vegetables are tender, stirring occasionally. Discard bay leaves.

3 Combine flour and the water; stir into meat mixture. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Serve with noodles. Top with bacon and parsley.

nutrition facts per serving: 430 cal., 19 g total fat (6 g sat. fat), 66 mg chol., 444 mg sodium, 35 g carb., 4 g dietary fiber, 19 g protein.

slow cooker directions: Brown meat, chopped onion, and garlic as directed. In a 3½- or 4-quart slow cooker layer mushrooms, carrots, and pearl onions. Sprinkle with 3 tablespoons quick-cooking tapioca. Place meat mixture on vegetables. Add thyme, marjoram, salt, pepper, and bay leaves. Pour 1¼ cups wine and ½ cup beef broth over all. Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours or until tender. Discard bay leaves. Continue as directed.

slowcooker

old-fashioned beef stew

prep: 20 minutes **cook:** 1½ hours
makes: 5 se rvings

Pork stew meat and boneless lamb are equally as good in this colorful stew. For pork, only simmer about 30 minutes in Step 1. If using a slow cooker, prepare as directed with the times given below.

2 tablespoons all-purpose flour
12 ounces beef stew meat, cut into ¾-inch cubes
2 tablespoons vegetable oil
3 cups vegetable juice
1 cup beef broth
1 medium onion, cut into thin wedges
1 tablespoon Worcestershire sauce
1 teaspoon dried oregano, crushed
½ teaspoon dried marjoram, crushed
¼ teaspoon ground black pepper
1 bay leaf
3 cups cubed potato (about 3 medium)
1½ cups frozen cut green beans
1 cup frozen whole-kernel corn
1 cup sliced carrot (2 medium)

1 Place flour in a resealable plastic bag. Add meat cubes, a few at a time, shaking to coat. In a large saucepan or pot brown meat in hot oil; drain fat. Stir in vegetable juice, broth, onion, Worcestershire sauce, oregano, marjoram,

pepper, and bay leaf. Bring to boiling; reduce heat. Simmer, covered, for 1 to 1¼ hours or until meat is nearly tender.

2 Stir in potato, green beans, corn, and carrot. Return to boiling; reduce heat. Simmer, covered, about 30 minutes more or until meat and vegetables are tender. Discard bay leaf.

nutrition facts per serving: 362 cal., 17 g total fat (5 g sat. fat), 39 mg chol., 664 mg sodium, 39 g carb., 6 g dietary fiber, 16 g protein.

slow cooker directions: Prepare and brown meat as directed. In a 3½- or 4-quart slow cooker layer meat, onion, potato, green beans, corn, and carrot. Combine 2 cups vegetable juice, the broth, Worcestershire sauce, oregano, marjoram, pepper, and bay leaf. Pour over meat and vegetables in slow cooker. Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours or until meat and vegetables are tender.

lowfat

beef ragout with gravy

prep: 45 minutes **cook:** 1 hour 50 minutes
makes: 6 to 8 servings

This hearty French-style stew is the perfect dish for a leisurely Sunday supper. Serve it with a full-bodied red wine and crusty bread to soak up the gravy.

¼ cup all-purpose flour
2 pounds boneless beef chuck roast, cut into 1-inch cubes
3 tablespoons vegetable oil
4 cups water
½ cup chopped onion (1 medium)
1 clove garlic, minced
2 bay leaves
2 teaspoons Worcestershire sauce
1 teaspoon sugar
1 teaspoon lemon juice
½ teaspoon salt
½ teaspoon ground black pepper
½ teaspoon paprika
Pinch ground allspice
6 tiny new potatoes, halved
6 medium carrots, quartered
1 pound boiling onions, peeled
2 tablespoons water
1 tablespoon all-purpose flour
¼ cup dry sherry (optional)
Snipped fresh parsley

1 Place ¼ cup flour in a resealable plastic bag. Add meat cubes, a few at a time, shaking to coat. In a 4-quart Dutch oven heat oil over medium-high heat. Add beef cubes, one-third at a time; cook and stir until beef is brown. Drain fat. Return all beef to Dutch oven. Add the 4 cups water, chopped onion, garlic, and bay leaves. Stir in Worcestershire sauce, sugar, lemon juice, salt, black pepper, paprika, and allspice. Bring to boiling; reduce heat. Simmer, covered, for 1½ to 2 hours or until meat is nearly tender.

2 Add potatoes, carrots, and boiling onions. Return to boiling; reduce heat. Simmer, covered, for 20 to 30 minutes more or until vegetables are tender. Remove and discard bay leaves. Using a slotted spoon, transfer meat and vegetables to a serving dish. Cover and keep warm.

3 For gravy, in a small bowl combine 2 tablespoons water and 1 tablespoon flour; stir into liquid in Dutch oven. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. If desired, stir in sherry. Pour gravy over meat and vegetables. Sprinkle with parsley.

nutrition facts per serving: 320 cal., 8 g total fat (2 g sat. fat), 89 mg chol., 348 mg sodium, 26 g carb., 4 g dietary fiber, 35 g protein.

lowfat

beef and red bean chili

prep: 45 minutes **stand:** 1 hour **slow cook:** 10 to 12 hours (low) or 5 to 6 hours (high)

makes: 8 servings

Smoky chipotle chiles add deep, rich flavor to this chunky Mexican-style stew. The dried smoked jalapeños bring on a direct hit of heat, while the piquant adobo sauce lends a slow burn.

1 cup dry red beans or dry red kidney beans
1 tablespoon olive oil
2 pounds boneless beef chuck pot roast, cut into 1-inch pieces
1 cup coarsely chopped onion (1 large)
1 15-ounce can tomato sauce
1 14.5-ounce can diced tomatoes with green chiles, undrained
1 14-ounce can reduced-sodium beef broth
2 to 3 chipotle peppers in adobo sauce, finely chopped, plus 2 teaspoons adobo sauce*
2 teaspoons dried oregano, crushed
1 teaspoon ground cumin
¾ cup finely chopped red sweet pepper (1 medium)
¼ cup snipped fresh cilantro

1 Rinse beans. Place beans in a large saucepan or Dutch oven. Add enough water to cover beans by 2 inches. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Cover and let stand for 1 hour. (Or place

beans in a large saucepan. Add water to cover beans by 2 inches. Cover and let soak in a cool place for 6 to 8 hours or overnight.)

2 Meanwhile, in a large skillet heat oil over medium-high heat. Add half of the meat and the onion; cook and stir until meat is brown. Using a slotted spoon, transfer meat-onion mixture to a 3½- or 4-quart slow cooker. Repeat with remaining meat. Stir tomato sauce, undrained tomatoes, broth, chipotle chiles and adobo sauce, oregano, and cumin into mixture in slow cooker. Drain and rinse the beans; stir into mixture in cooker.

3 Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours. Top each serving with sweet pepper and cilantro.

nutrition facts per serving: 288 cal., 7 g total fat (2 g sat. fat), 67 mg chol., 702 mg sodium, 24 g carb., 6 g dietary fiber, 31 g protein

***note:** Fresh chile peppers and canned chipotle chile peppers contain volatile oils that can burn your skin and eyes, so avoid direct contact with them as much as possible. When working with the chiles, wear disposable plastic or rubber gloves. If your bare hands do touch the chiles, wash your hands and nails thoroughly with soap and hot water. If you get chile oil in your eyes, flush them with cool water.

beef and barley stew with roasted winter vegetables

prep: 45 minutes **cook:** 1 hour 35 minutes **bake:** 35 minutes
oven: at 375°F
makes: 6 to 8 servings

Roasting the vegetables before adding them to the soup gives them an extra flavor boost.

¼ cup all-purpose flour
½ teaspoon salt
½ teaspoon ground black pepper
2 to 2½ pounds boneless beef chuck roast, trimmed of excess fat and cut into 1-inch pieces
¼ cup olive oil
½ cup chopped onion (1 medium)
2 cloves garlic, minced
½ teaspoon dried thyme, crushed
1 14.5-ounce can beef broth
2 cups water
1 cup dry red wine
4 medium red or yellow potatoes, cut into 1-inch chunks
4 medium carrots, peeled and cut into 1-inch chunks
½ cup regular barley
2 tablespoons snipped fresh parsley (optional)

1 In a large bowl combine flour, ¼ teaspoon of the salt, and ¼ teaspoon of the pepper. Add meat; toss to coat. In a Dutch oven heat 1 tablespoon of the oil over medium heat. Add half of the meat; cook until brown, stirring occasionally. Remove meat from Dutch oven; set aside. Repeat with another 1 tablespoon of the oil and remaining meat.

2 Add onion, garlic, and thyme to Dutch oven; cook and stir for 3 minutes. Add broth, stirring to scrape up any browned bits from bottom of the Dutch oven. Add the water and wine. Bring to boiling; reduce heat to low. Simmer, covered, for 1 hour.

3 Meanwhile, preheat oven to 375°F. In a shallow roasting pan combine potatoes and carrots. Drizzle with the remaining 2 tablespoons olive oil; sprinkle with remaining ¼ teaspoon salt and remaining ¼ teaspoon pepper. Toss to coat. Roast, uncovered, for 35 to 45 minutes or until vegetables are tender and lightly browned, stirring once or twice.

4 Stir barley into beef mixture; cook about 35 minutes more or until barley is tender. Stir in roasted vegetables. If desired, stir in fresh parsley.

nutrition facts per serving: 455 cal., 24 g total fat (8 g sat. fat), 71 mg chol., 436 mg sodium, 27 g carb., 5 g dietary fiber, 26 g protein.

slowcooker lowfat

busy-day beef-vegetable soup

prep: 20 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high)
makes: 4 servings

Start this quick-to-assemble recipe before you head out and supper will be ready and waiting when you return after a busy day. It features common ingredients you're likely to find in the pantry or fridge.

1 pound boneless beef chuck roast, trimmed and cut into bite-size pieces
3 medium carrots, cut into ½-inch-thick slices
2 small potatoes, peeled, if desired, and cut into ½-inch cubes
½ cup chopped onion (1 medium)
½ teaspoon salt
½ teaspoon dried thyme, crushed
1 bay leaf
2 14.5-ounce cans diced tomatoes, undrained
1 cup water
½ cup frozen peas
Fresh parsley sprigs (optional)

1 In a 3½- or 4-quart slow cooker combine beef, carrots, potatoes, and onion. Sprinkle with salt and thyme. Add bay leaf. Pour undrained tomatoes and water over all.

2 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Discard bay leaf. Stir in

frozen peas. If desired, garnish each serving with parsley.

nutrition facts per serving: 279 cal., 8 g total fat (3 g sat. fat), 72 mg chol., 860 mg sodium, 26 g carb., 7 g dietary fiber, 26 g protein.

lowfat

meatball and vegetable soup with pasta

start to finish: 30 minutes
makes: 6 to 8 servings

You can't go wrong with this flavorful soup—it's colorful, good for you, and takes just 30 minutes to whip up. Serve immediately so the pasta doesn't overcook.

3 14.5-ounce cans beef broth
1 15-ounce can Great Northern or cannellini (white kidney) beans, rinsed and drained
1 14.5-ounce can diced tomatoes with basil, garlic, and oregano, undrained
1 12- to 16-ounce package frozen cooked meatballs
1 10-ounce package frozen mixed vegetables
1 cup dried small pasta (such as elbow macaroni, small shells, mini penne, or rotini)
Snipped fresh parsley (optional)

In a 4-quart Dutch oven combine broth, beans, undrained tomatoes, meatballs, and frozen vegetables. Bring to boiling; stir in pasta. Return to boiling; reduce heat. Simmer, uncovered, about 10 minutes or until pasta is tender. Ladle soup into bowls. If desired, sprinkle with parsley.

nutrition facts per serving: 319 cal., 5 g total fat (2 g sat. fat), 32 mg chol., 1552 mg sodium, 45 g carb., 7 g dietary fiber, 24 g protein.

beef and vegetable soup with pasta: Prepare as above, except substitute one 17-ounce package refrigerated cooked beef tips with gravy for the frozen cooked meatballs.

lowfat

hearty mexican beef stew

prep: 30 minutes **cook:** 1¼ hours **stand:** 30 minutes
makes: 4 servings

Beef round steak or chuck roast are good cuts to use for this savory country-style stew. Remove and discard any fat from the meat before cutting it into cubes.

1 tablespoon vegetable oil
12 ounces beef stew meat
1 14-ounce can beef broth
½ teaspoon salt
¼ teaspoon ground black pepper
2 or 3 dried ancho peppers
2 cups chopped, peeled tomatoes (2 large) or one 14.5-ounce can diced tomatoes, undrained
1 medium onion, cut up
3 cloves garlic, minced
½ teaspoon ground cumin
2 medium potatoes, cut into 1-inch cubes
1 large fresh ear of corn, shucked and cut crosswise into 1-inch slices, or 1 cup frozen whole kernel corn
1 medium zucchini or yellow summer squash, halved lengthwise and cut into 1-inch slices

1 In a 4-quart Dutch oven heat oil over medium heat. Add meat; cook and stir until brown. Drain fat. Add broth, salt, and black pepper. Bring to boiling; reduce heat. Simmer, covered, for 45 minutes.

2 Meanwhile, cut chile peppers open; discard stems and seeds. Place peppers in a small bowl and cover with boiling water. Let stand at room temperature for 30 minutes to soften. Drain well; coarsely chop peppers.

3 In a blender or food processor combine chopped peppers, tomatoes, onion, garlic, and cumin. Cover and blend or process until nearly smooth. Stir into beef mixture.

4 Add potatoes and corn. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes. Stir in zucchini. Return to boiling; reduce heat. Simmer, covered, for 10 to 15 minutes more or until meat and vegetables are tender.

nutrition facts per serving: 291 cal., 8 g total fat (2 g sat. fat), 50 mg chol., 741 mg sodium, 32 g carb., 6 g dietary fiber, 25 g protein.

lowfat

goulash

prep: 25 minutes **cook:** 1 hour 25 minutes
makes: 6 to 8 servings

Hungarian paprika, featured in this hearty stew, is the finest in the world. In Hungary, paprika comes in six classes, ranging from sweet (mild) to hot.

2 tablespoons vegetable oil
1 pound beef top round steak, cut into ½-inch cubes
½ cup chopped onion (1 medium)
2 tablespoons all-purpose flour
1 tablespoon Hungarian paprika
2 cloves garlic, minced
3 14.5-ounce cans chicken broth
1 14.5-ounce can diced tomatoes, undrained
1½ cups sliced carrot (3 medium)
2 tablespoons tomato paste
1 bay leaf
½ teaspoon dried marjoram, crushed
½ teaspoon caraway seeds, crushed
½ teaspoon ground black pepper
2 cups cubed peeled potatoes (2 medium)
Sour cream (optional)

1 In a 4- to 5-quart Dutch oven heat oil over medium-high heat. Add meat and onion; cook about 5 minutes or until meat is brown and onion is tender.

2 Add flour, paprika, and garlic; cook for 3 minutes, stirring constantly. Stir in broth, undrained tomatoes, carrots, tomato paste, bay leaf, marjoram, caraway seeds, and black pepper. Bring to boiling; reduce heat. Simmer, covered, for 50 minutes, stirring occasionally.

3 Add potatoes. Simmer, covered, for 25 to 30 minutes more or until meat and potatoes are tender. Remove and discard bay leaf. If desired, top each serving with sour cream.

nutrition facts per serving: 235 cal., 7 g total fat (1 g sat. fat), 39 mg chol., 1074 mg sodium, 22 g carb., 3 g dietary fiber, 21 g protein.

chipotle-braised short ribs and cheesy polenta

prep: 50 minutes **cook:** 3 hours
makes: 6 servings

Tougher cuts of meat, such as short ribs, and fibrous root vegetables are ideal candidates for braising. The long-simmering cooking method where browned meat and cut-up veggies cook in a tightly covered pot results in tender, flavorful bites.

3 pounds boneless beef short ribs or 12 bone-in beef short ribs
1 teaspoon kosher salt or ¾ teaspoon salt
½ teaspoon ground black pepper
⅓ cup all-purpose flour
1 tablespoon vegetable oil
2 cups dry red wine or cranberry juice
1 14-ounce can beef broth or 1¾ cups beef stock
1 tablespoon snipped fresh thyme or 1 teaspoon dried thyme, crushed
3 cloves garlic, peeled
1 bay leaf
2 tablespoons sugar
8 ounces carrots, cut into chunks
2 parsnips, peeled and sliced
1 10-ounce package red pearl onions, peeled (15 to 20)
1 cup chopped, seeded tomato (1 large)
1 or 2 chipotle peppers in adobo sauce, drained and chopped
1 recipe Cheesy Polenta

1 Trim fat from meat. Sprinkle with salt and black pepper. Dredge meat in flour, coating well on all sides. In a 6- to 8-quart Dutch oven heat oil over medium-high heat. Brown meat, half at a time. Add wine, beef broth, dried thyme (if using), garlic, and bay leaf. Bring to boiling; reduce heat. Simmer, covered, for 2 hours.

2 Meanwhile, in a saucepan bring lightly salted water to boiling. Add sugar; stir until sugar is dissolved. Add carrots, parsnips, and onions. Cook, uncovered, for 5 to 7 minutes or until tender. Drain. Submerge vegetables in a bowl of ice water. Let stand 5 minutes. Drain; cover and chill until ready to use.

3 Add tomato, fresh thyme (if using), and chipotle pepper to meat mixture. Simmer, covered, for 30 minutes. Add chilled vegetables; return to boiling. Simmer, covered, for 30 minutes more or until meat is very tender. Remove and discard bay leaf.

4 To serve, remove beef and vegetables with a slotted spoon. Arrange in shallow bowls. Spoon Cheesy Polenta alongside the beef and vegetable mixture. Skim fat from cooking juices; spoon some of the juices over all.

nutrition facts per serving: 463 cal., 15 g total fat (6 g sat. fat), 60 mg chol., 1100 mg sodium, 43 g carb., 5 g dietary fiber, 25 g protein.

cheesy polenta: In a large saucepan bring 2½ cups water to boiling. Meanwhile, combine 1 cup yellow cornmeal, 1 cup cold water, and ½ teaspoon salt. Slowly add cornmeal mixture to boiling water, stirring constantly. Cook and stir until mixture returns to boiling. Reduce heat to low. Cook, uncovered, for 10 to 15 minutes or until mixture is very thick, stirring occasionally. Stir in ¼ cup milk. Gently stir in ½ cup finely shredded Parmesan cheese (2 ounces) until melted.

slowcooker lowfat

creamy chicken noodle soup

prep: 25 minutes **slow cook:** 6 to 8 hours (low) or 3 to 4 hours (high) + 20 minutes (high)
makes: 8 servings

Some folks say homemade chicken noodle soup helps battle a cold or the flu, but even doubters agree its comforting flavor has great appeal. This version serves a crowd and is creamy and rich without added cream.

1 32-ounce container reduced-sodium chicken broth
3 cups water
2½ cups chopped cooked chicken (about 12 ounces)
1½ cups sliced carrot (3 medium)
1½ cups sliced celery (3 stalks)
1½ cups fresh mushrooms, sliced (4 ounces)
¼ cup chopped onion
1½ teaspoons dried thyme, crushed
¾ teaspoon garlic pepper
3 ounces reduced-fat cream cheese (Neufchâtel), cut up
2 cups dried egg noodles

1 In a 5- to 6-quart slow cooker combine chicken broth, the water, chicken, carrot, celery, mushrooms, onion, thyme, and garlic pepper.

2 Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.

3 If using low-heat setting, turn cooker to high-heat setting. Stir in cream cheese until combined. Stir in uncooked noodles. Cover and cook for 20 to 30 minutes more or until noodles are just tender.

nutrition facts per serving: 170 cal., 6 g total fat (2 g sat. fat), 54 mg chol., 401 mg sodium, 11 g carb., 2 g dietary fiber, 17 g protein.

lighten up

A few simple changes can make any soup healthier.

- fat-free thickener: *Use an immersion blender to puree potatoes, beans, and other root veggies in soups to add thickness and body.*
- swap ingredients: *Replace full-fat dairy products with reduced-fat milk, cheese, sour cream, and/or yogurt. Replace part of the whipping cream or heavy cream with half-and-half or milk.*

lowfat

chicken noodle–vegetable soup

prep: 30 minutes **cook:** 35 minutes
makes: 6 servings

On a chilly night, enjoy the ultimate in comfort food—a nourishing, steaming hot bowl of chicken, vegetables, and egg noodles.

2 14-ounce cans chicken broth
1 cup water
1 10.75-ounce can condensed cream of chicken soup
½ teaspoon dried thyme, crushed
⅛ teaspoon salt
⅛ teaspoon ground black pepper
2 medium skinless chicken legs with thigh portions (1¼ pounds total)
1 cup sliced carrot (2 medium)
¾ cup chopped onion
½ cup sliced celery (1 stalk)
1 bay leaf
4 ounces dried wide noodles (about 2 cups)
½ cup frozen peas

1 In a 4-quart pot combine broth, the water, cream of chicken soup, thyme, salt, and pepper. Add chicken legs, carrot, onion, celery, and bay leaf. Bring to boiling; reduce heat. Simmer, covered, for 30 to 40 minutes or until chicken is no longer pink and vegetables are tender.

2 Remove chicken from pot; cool slightly. Discard bay leaf. Return broth mixture to boiling. Add noodles and frozen peas; cook for 5 to 7 minutes or until noodles are tender and peas are heated through, stirring occasionally. Remove chicken from bones; discard bones. Shred or chop meat; stir into soup. Heat through.

nutrition facts per serving: 223 cal., 7 g total fat (2 g sat. fat), 64 mg chol., 1063 mg sodium, 24 g carb., 2 g dietary fiber, 16 g protein.

lowfat

chicken minestrone soup

start to finish: 45 minutes
makes: 8 servings

This beloved Italian soup is both hearty and healthy and can easily be adapted according to the veggies you have in your pantry or refrigerator. Customize your own, swapping kidney beans or chickpeas for cannellini beans, yellow summer squash for zucchini, or peas for green beans.

1 cup sliced carrot (2 medium)
½ cup chopped celery (1 stalk)
½ cup chopped onion (1 medium)
1 tablespoon olive oil
3 14-ounce cans chicken broth
2 15- to 19-ounce cans cannellini (white kidney) beans, rinsed and drained
8 to 10 ounces skinless, boneless chicken breasts, cut into bite-size pieces
4 ounces fresh green beans, cut into ½-inch pieces (1 cup)
¼ teaspoon ground black pepper
1 cup dried bow tie pasta
1 medium zucchini, quartered lengthwise and cut into ½-inch-thick slices
1 14.5-ounce can diced tomatoes with basil, garlic, and oregano, undrained

1 In a 5- to 6-quart Dutch oven, cook the carrot, celery, and onion in hot oil over medium heat for 5 minutes, stirring frequently. Add broth, cannellini beans, chicken, green beans, and pepper. Bring to boiling; add pasta. Reduce heat. Simmer, uncovered, for 5 minutes.

2 Stir in zucchini. Return to boiling; reduce heat. Simmer, uncovered, for 8 to 10 minutes more or until pasta is tender and green beans are crisp-tender. Stir in undrained tomatoes; heat through.

nutrition facts per serving: 183 cal., 4 g total fat (1 g sat. fat), 16 mg chol., 1115 mg sodium, 27 g carb., 7 g dietary fiber, 16 g protein.

wild rice and turkey soup

prep: 25 minutes **cook:** 20 minutes
makes: 6 servings

Wild rice brings a chewy texture and a nutty, earthy flavor to this simple soup while cream and dry sherry add richness. This is a great way to use up leftover Thanksgiving turkey.

- 1 6.2-ounce package quick-cooking long-grain and wild rice mix
- 2 tablespoons butter or margarine
- 4 ounces fresh shiitake mushrooms, stems removed and sliced (about 1½ cups)
- 2 stalks celery, sliced (1 cup)
- 2 14-ounce cans reduced-sodium chicken broth or 3½ cups chicken stock
- ¼ teaspoon ground black pepper
- 2 cups chopped smoked turkey or chopped cooked turkey or chicken (about 10 ounces)
- 1 cup whipping cream
- 2 tablespoons dry sherry (optional)

1 Prepare the rice mix (using the seasoning packet) according to package directions, except omit any butter or margarine.

2 In a large saucepan melt butter over medium heat. Add mushrooms and celery; cook about 5 minutes or until vegetables are almost tender and most of the mushroom liquid has evaporated, stirring occasionally. Add chicken broth and pepper. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes. Stir in cooked rice mix, turkey, whipping cream and, if desired, dry sherry. Heat through.

nutrition facts per serving: 347 cal., 21 g total fat (12 g sat. fat), 90 mg chol., 1301 mg sodium, 28 g carb., 1 g dietary fiber, 15 g protein.

slowcooker lowfat

split pea soup

prep: 20 minutes **cook:** 1 hour 20 minutes
makes: 4 servings

This recipe calls for browning the pork hocks in butter. Browning adds flavor to the meat as well as browned bits to the pan, which lend richness to the finished soup.

2¾ cups water
1½ cups dry split peas, rinsed and drained
1 14-ounce can reduced-sodium chicken broth
1 to 1½ pounds meaty smoked pork hocks or one 1- to 1½-pound meaty ham bone
¼ teaspoon dried marjoram, crushed
Pinch ground black pepper
1 bay leaf
½ cup chopped carrot (1 medium)
½ cup chopped celery (1 stalk)
½ cup chopped onion (1 medium)

1 In a large saucepan combine water, split peas, broth, pork hocks, marjoram, pepper, and bay leaf. Bring to boiling; reduce heat. Simmer, covered, for 1 hour, stirring occasionally. Remove pork hocks.

2 When cool enough to handle, cut meat off bones; discard bones. Coarsely chop meat. Return meat to saucepan. Stir in carrot, celery, and onion. Return to boiling; reduce heat. Simmer, covered, for 20 to 30 minutes more or until vegetables are tender. Discard bay leaf.

nutrition facts per serving: 307 cal., 3 g total fat (1 g sat. fat), 19 mg chol., 676 mg sodium, 47 g carb., 19 g dietary fiber, 25 g protein.

slow cooker directions: In a 3½- or 4-quart slow cooker combine split peas, pork hocks, marjoram, pepper, bay leaf, carrot, celery, and onion. Pour the water and chicken broth over all. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Discard bay leaf. Remove hocks, cut off meat, and add to soup.

creamy corn chowder

prep: 25 minutes **bake:** 20 minutes **oven:** at 450°F
cook: 20 minutes
makes: 8 servings

Roasting the corn makes it sweeter and intensifies its flavor. Puree half of the roasted corn for creaminess. Leave the other half whole for texture.

1 16-ounce package frozen whole-kernel corn
1 pound Yukon Gold potatoes, peeled and cut into ½-inch pieces
2 tablespoons olive oil
Chicken broth (optional)
½ cup thinly sliced leek*
2 tablespoons finely chopped shallot
4 cups chicken broth
1 teaspoon dried marjoram, crushed
½ teaspoon salt
½ teaspoon ground ginger
½ teaspoon ground white pepper
3 cups half-and-half or light cream
Salt
Ground white pepper

1 Thaw frozen corn and pat dry with paper towels. Preheat oven to 450°F. Line a 15×10×1-inch baking pan with foil. Lightly grease the foil. Spread corn on half of the prepared pan. In a resealable plastic bag combine potatoes and 1 tablespoon of the oil. Seal and shake well to coat potatoes with oil. Spread potatoes on the other half of the prepared pan. Roast, uncovered, for 10 minutes. Stir, keeping corn

and potatoes separate. Roast for 10 minutes more, stirring once or twice. Remove pan from oven. Set aside.

2 Transfer half of the roasted corn (about ¾ cup) to a food processor or blender. Cover and process or blend until smooth; if necessary, add a small amount of chicken broth to help blend corn.

3 In a 4-quart Dutch oven, heat the remaining 1 tablespoon oil over medium heat. Add leek and shallot; cook and stir for 6 to 8 minutes or until leek is very soft and golden. Add whole corn and pureed corn; cook and stir for 1 minute. Stir in roasted potatoes, 4 cups chicken broth, marjoram, salt, ginger, and white pepper. Bring to boiling; reduce heat. Cover and simmer for 10 to 12 minutes or until potatoes are tender.

4 Add half-and-half; cook and stir until heated through. Season to taste with additional salt and white pepper.

nutrition facts per serving: 588 cal., 15 g total fat (7 g sat. fat), 33 mg chol., 1342 mg sodium, 94 g carb., 2 g dietary fiber, 20 g protein.

***note:** See tip on cleaning leeks.

baked potato soup

prep: 20 minutes **bake:** 40 minutes **oven:** at 425°F
cook: 20 minutes
makes: 5 to 6 servings

For cheesier flavor, use cheddar (sharp, if you like) in this indulgently rich soup.

2 large baking potatoes (about 8 ounces each)
3 tablespoons butter or margarine
6 tablespoons thinly sliced green onion (3)
3 tablespoons all-purpose flour
2 teaspoons snipped fresh dill or chives or ¼ teaspoon dried dill
¼ teaspoon salt
¼ teaspoon ground black pepper
4 cups milk
1¼ cups shredded American cheese (5 ounces)
4 slices bacon, crisp-cooked, drained, and crumbled

1 Preheat oven to 425°F. Scrub potatoes with a vegetable brush; pat dry. Prick several times with a fork. Bake for 40 to 60 minutes or until tender. Let cool. Cut potatoes in half lengthwise; gently scoop out pulp, breaking up any large pieces. Discard potato skins.

2 In a large saucepan melt butter over medium heat. Add half of the green onion; cook and stir until tender. Stir in flour, dill, salt, and pepper. Add milk all at once; cook and stir for 12 to 15 minutes or until thickened and bubbly. Add the potato pulp and 1 cup of the cheese; stir until cheese is melted.

3 Top each serving with remaining cheese, remaining green onion, and bacon.

nutrition facts per serving: 372 cal., 22 g total fat (13 g sat. fat), 68 mg chol., 821 mg sodium, 26 g carb., 1 g dietary fiber, 17 g protein.

3

superfast simmers

Short on time? Not to worry! Soup’s on in 30 minutes or less with easy, delicious recipes that call on a handful of fresh ingredients and pantry staples. These one-pot meals are perfect for busy weeknights or whenever you just don’t feel like spending much time in the kitchen.

No-Fuss Beef Soup
Speedy Beef Stew
Quick Hamburger Soup
Spiced Meatball Stew
20-Minute Noodle Bowls
Tortellini-Meatball Soup
Winter Vegetable Soup
Chinese Dumpling Soup
Broccoli-Cheese Soup
Chicken and Lentil Soup with Garlic-Cheese Toasts
Potato-Cheddar Soup
Quick Sausage Minestrone
Winter Squash and Sage Sausage Chili
Pizza Soup
Easy Beef and Noodle Soup
Spicy Sausage Soup
Quick Pork-Bean Soup
Ham, Sweet Pepper, and Zucchini Soup
Lickety-Split Pea Soup with Ham
Turkey-Tortilla Soup
Country Chicken and Potato Soup
Simply Ramen Chicken Soup
Mexi-Chicken Soup
Easy Oriental Chicken Soup
Spring Chicken Stew

Curried Chicken Noodle Soup
Chunky Bean and Chicken Chili
Chicken and Pasta Soup with Pesto
Chicken and Vegetable Ravioli Soup
Creamy Chicken-Vegetable Soup
Chicken Soup Dijonaise
Turkey and Rice Soup
Creamy Tomato and Shrimp Chowder
Shrimp and Greens Soup
Fabulous Fish Soup
Vegetable-Cheese Chowder
Tortellini Florentine Soup
Tomato-Tortellini Soup
Creamy Carrot and Pasta Soup

lowfat

no-fuss beef soup

start to finish: 20 minutes
makes: 4 servings

This brothy, vegetable-packed soup gets its zip from the rosemary-and-roasted-garlic red potatoes, which you'll find in the refrigerator case of most supermarkets.

1 17-ounce package refrigerated cooked beef roast au jus
1 8-ounce package peeled fresh baby carrots, sliced
3½ cups water
½ 16-ounce package refrigerated rosemary-and-roasted-garlic-seasoned diced red-skinned potatoes (about 2 cups)
1 14.5-ounce can diced fire-roasted tomatoes with garlic, undrained
2 tablespoons snipped fresh oregano
Ground black pepper

1 Pour juices from beef roast into large saucepan or saucepan; set meat aside. Add carrots and 1 cup of the water to saucepan. Bring to boiling; reduce heat. Simmer, covered, for 3 minutes. Add remaining water, potatoes, tomatoes, and 1 tablespoon of the oregano. Return to boiling; reduce heat. Simmer, covered, for 3 minutes or until vegetables are tender. Break beef into bite-size pieces and add to stew; heat through. Season to taste with salt.

2 Top each serving with pepper and remaining oregano.

nutrition facts per serving: 253 cal., 9 g total fat (4 g sat. fat), 64 mg chol., 948 mg sodium, 20 g carb., 3 g dietary fiber, 25

g protein.

speedy beef stew

start to finish: 25 minutes
makes: 4 servings

A quick simmer on the stove makes this a great soup for busy weeknights. The cook in the family will love how easily it comes together—especially using packaged precooked roast and frozen veggies.

1 17-ounce package refrigerated cooked beef roast au jus
2 10.75-ounce cans condensed beefy mushroom soup
1 16-ounce package frozen mixed vegetables
4 teaspoons snipped fresh basil or 1½ teaspoons dried basil, crushed
1½ cups milk

1 If necessary, cut meat into bite-size pieces. In a 4-quart Dutch oven combine meat, soup, frozen vegetables, and dried basil, if using. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.

2 Stir in milk and fresh basil, if using. Heat through.

nutrition facts per serving: 386 cal., 15 g total fat (7 g sat. fat), 80 mg chol., 1688 mg sodium, 33 g carb., 5 g dietary fiber, 33 g protein.

time-saving tip

The next time you grab a bag of budget-friendly frozen veggies, feel good about adding these time-savers to your meal. Frozen veggies are just as nutritious as fresh ones because they are frozen at their peak, locking in the freshest flavor.

lowfat

quick hamburger soup

start to finish: 30 minutes
makes: 6 servings

This quick and easy low-calorie soup, laden with herbs, uses a mix of ground beef and ground turkey to keep the fat content low.

4 ounces extra-lean ground beef
4 ounces ground turkey breast
¾ cup finely chopped onion (1 large)
½ cup coarsely shredded carrot (1 medium)
½ cup sliced celery (1 stalk)
1 clove garlic, minced
3 cups reduced-sodium beef broth
1 14.5-ounce can diced tomatoes, undrained
½ teaspoon dried sage, crushed
½ teaspoon dried thyme, crushed
¼ teaspoon dried rosemary, crushed
⅛ teaspoon salt
⅛ teaspoon ground black pepper
1 cup chopped potato (1 medium)
Fresh sage leaves (optional)

1 In a Dutch oven cook beef, turkey, onion, carrot, celery, and garlic until meat is brown and onion is tender; drain fat.

2 Add broth, undrained tomatoes, sage, thyme, rosemary, salt,and pepper. Bring to boiling; stir in potato and reduce heat. Simmer, covered, for 10 to 15 minutes or until

vegetables are tender. If desired, garnish with fresh sage leaves.

nutrition facts per serving: 103 cal., 2 g total fat (1 g sat. fat), 19 mg chol., 418 mg sodium, 10 g carb., 1 g dietary fiber, 10 g protein.

spiced meatball stew

start to finish: 30 minutes
makes: 8 servings

Frozen meatballs are the secret shortcut for this quick, hearty stew. Allspice adds aromatic notes reminiscent of cloves, cinnamon, and nutmeg.

1 16-ounce package (32) frozen cooked Italian-style meatballs
3 cups green beans cut into 1-inch pieces
2 cups sliced carrot (4 medium)
1 14.5-ounce can beef broth
2 teaspoons Worcestershire sauce
½ to ¾ teaspoon ground allspice
½ teaspoon ground cinnamon
2 14.5-ounce cans diced tomatoes, undrained

1 In a Dutch oven combine meatballs, beans, carrot, broth, Worcestershire sauce, allspice, and cinnamon. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.

2 Stir in undrained tomatoes. Return to boiling; reduce heat. Simmer, covered, about 5 minutes more or until vegetables are crisp-tender.

nutrition facts per serving: 230 cal., 15 g total fat (7 g sat. fat), 44 mg chol., 976 mg sodium, 14 g carb., 4 g dietary fiber, 10 g protein.

20-minute noodle bowls

start to finish: 20 minutes
makes: 4 servings

1 14-ounce can reduced-sodium chicken broth or reduced-sodium beef broth
½ cup bottled peanut sauce
2 cups frozen stir-fry or mixed vegetables
2 3-ounce packages ramen noodles (any flavor), broken

In a large saucepan combine broth and peanut sauce. Bring to boiling. Stir in frozen vegetables and noodles (discard seasoning packet). Return to boiling; reduce heat. Simmer, covered, for 3 minutes or until noodles and vegetables are tender.

nutrition facts per serving: 293 cal., 12 g total fat (7 g sat. fat), 0 mg chol., 532 mg sodium, 39 g carb., 3 g dietary fiber, 8 g protein.

tortellini-meatball soup

start to finish: 30 minutes
makes: 4 to 6 servings

Refrigerated pasta products are a boon to busy cooks—unlike dry pasta, which takes at least 10 minutes to cook, these tender bites are ready in just a few minutes.

1 cup chopped sweet onion (1 large)
1 cup coarsely chopped carrot (2 medium)
3 cloves garlic, minced
1 tablespoon olive oil or vegetable oil
1 32-ounce carton reduced-sodium or regular chicken or beef broth
½ cup water
1 9-ounce package refrigerated four-cheese tortellini
½ 16-ounce package (16) frozen cooked Italian-style meatballs
1 teaspoon dried Italian seasoning, crushed
3 cups chopped fresh spinach or half of a 10-ounce package frozen chopped spinach, thawed and drained
3 tablespoons chopped roasted red sweet pepper
Salt
Ground black pepper
1 tablespoon snipped fresh basil

1 In a Dutch oven cook onion, carrot, and garlic in hot oil over medium heat for 3 minutes, stirring occasionally. Add broth and the water. Bring to boiling. Stir in tortellini, meatballs, and Italian seasoning. Return to boiling; reduce heat. Simmer, uncovered, for 4 minutes.

2 Stir in spinach and roasted sweet pepper. Simmer, uncovered, about 3 minutes more or until tortellini are tender. Season to taste with salt and black pepper. Before serving, stir in basil.

nutrition facts per serving: 461 cal., 23 g total fat (9 g sat. fat), 68 mg chol., 1443 mg sodium, 44 g carb., 5 g dietary fiber, 22 g protein.

lowfat

winter vegetable soup

start to finish: 30 minutes
makes: 6 servings

Bits of smoky kielbasa sausage accent the sweet flavors of tender squash and carrots in this seasonal soup. Kielbasa, a smoked Polish sausage link seasoned with garlic and marjoram, is often sold precooked for heat-and-serve convenience.

6 ounces kielbasa or smoked sausage, halved lengthwise and sliced
⅓ cup chopped onion (1 small)
2 14-ounce cans chicken broth
2 cups water
½ of a small butternut squash, peeled, seeded, and cubed (about 1⅓ cups)
1 cup sliced carrot (2 medium)
⅛ to ¼ teaspoon ground black pepper
1 15- to 16-ounce can red kidney beans, rinsed and drained
1 cup dried ditalini or orzo pasta
2 cups baby spinach leaves

1 Heat a 4-quart Dutch oven over medium heat. Add kielbasa and onion; cook about 5 minutes or until onion is tender, stirring occasionally. Add broth, the water, squash, carrot, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes.

2 Stir in beans and pasta. Return to boiling; reduce heat. Cover and boil gently about 6 minutes or until pasta and vegetables are tender, stirring occasionally. Stir in spinach. Serve immediately.

nutrition facts per serving: 259 cal., 10 g total fat (4 g sat. fat), 13 mg chol., 923 mg sodium, 32 g carb., 7 g dietary fiber, 13 g protein.

chinese dumpling soup

start to finish: 25 minutes
makes: 4 servings

Jazz up a carton of ready-to-go broth with Asian flavors for a soup every bit as enticing as those at your favorite Chinese restaurant.

1 32-ounce carton mushroom broth or vegetable broth
1 cup water
2 teaspoons grated fresh ginger
2 10-ounce packages frozen pork potstickers or dumplings with sauce packet*
2 medium carrots, cut into thin 2-inch strips, or 1 cup shredded carrots
1 small bunch green onion, trimmed and sliced diagonally

1 In a Dutch oven combine broth, the water, ginger, and the sauce packet from one package of potstickers. Bring to boiling over high heat.

2 Add potstickers, carrots, and most of the green onion. Return to simmering. Cook, covered, for 8 to 10 minutes or until potstickers are heated through.

3 Sprinkle each serving with remaining green onion.

nutrition facts per serving: 369 cal., 16 g total fat (6 g sat. fat), 18 mg chol., 1207 mg sodium, 42 g carb., 4 g dietary fiber, 14 g protein.

***tip:** If no sauce packet is provided, add 2 teaspoons soy sauce and 1 teaspoon toasted sesame oil.

broccoli-cheese soup

prep: 15 minutes **cook:** 10 minutes
makes: 4 servings

Broccoli and cheese always make a delicious pair. Add ham and roasted garlic and you have a sure winner. If you own an immersion blender, you can blend the soup right in the pan.

2 14-ounce cans chicken broth
1 16-ounce package fresh broccoli florets
½ cup chopped onion (1 medium)
2 teaspoons bottled roasted garlic
1 cup shredded Swiss cheese (4 ounces)
1 cup half-and-half or light cream
½ cup cubed cooked ham
Salt
Ground black pepper

1 In a large saucepan, combine broth, broccoli, onion, and roasted garlic. Bring to boiling; reduce heat. Simmer, covered, about 10 minutes or until broccoli is very tender. Transfer broccoli mixture, half at a time, to a blender or food processor. Cover and blend or process until smooth. Return pureed mixture to saucepan.

2 Bring broccoli mixture to simmering. Add cheese; cook and stir until cheese is melted. Stir in half-and-half and ham. Season to taste with salt and pepper.

nutrition facts per serving: 283 cal., 18 g total fat (10 g sat. fat), 58 mg chol., 1213 mg sodium, 14 g carb., 4 g dietary fiber, 18 g protein.

lowfat

chicken and lentil soup with garlic-cheese toasts

start to finish: 20 minutes
makes: 4 servings

With a few imaginative touches, canned soups can be super starters for quick, tasty meals. This recipe, for example, starts with ready-to-serve lentil soup and cooked chicken.

1 19-ounce can ready-to-serve lentil soup
1 cup loosely packed frozen crinkle-cut carrots
¼ teaspoon dried thyme, crushed
8 slices French bread
2 tablespoons margarine or butter
¼ teaspoon garlic powder
¾ cup shredded mozzarella or cheddar cheese
1 5.5-ounce can tomato juice (about ⅔ cup)
1 cup cubed cooked chicken

1 Preheat broiler. In a medium saucepan stir together soup, carrots, and thyme. Bring mixture to boiling; reduce heat. Simmer, covered, 8 to 9 minutes or until carrots are tender.

2 Meanwhile, for garlic-cheese toasts, place bread slices on unheated rack of a broiler pan. Spread with margarine; sprinkle with garlic powder. Broil 5 inches from heat for 1 minute or until golden brown. Top with cheese. Return to broiler; broil 30 to 60 seconds or until cheese melts slightly and edges are golden brown. Stir tomato juice and chicken into soup; heat through. Serve toasts with soup.

nutrition facts per serving: 349 cal., 6 g total fat, 49 mg chol., 923 mg sodium, 32 g carb., 24 g protein.

potato-cheddar soup

start to finish: 30 minutes
makes: 4 servings

Get a head start on this comfort soup with a package of hashed brown potatoes. For blending safety, cool the soup slightly and blend in batches. Fill the blender no more than half full of soup and blend on low speed.

1 28-ounce package frozen diced hash brown potatoes with onions and peppers
3 cups fat-free half-and-half
1 cup chopped miniature sweet peppers
1 cup water
½ teaspoon salt
½ teaspoon curry powder
⅛ to ¼ teaspoon cayenne pepper or ground black pepper
1½ cups shredded cheddar cheese (6 ounces)
Sliced miniature sweet peppers (optional)
Snipped fresh parsley (optional)

1 In a 4-quart Dutch oven combine potatoes, half-and-half, chopped sweet peppers, ½ cup of the water, salt, curry powder, and cayenne pepper. Bring just to boiling; reduce heat to medium. Cook, covered, for 10 minutes, stirring occasionally. Cool slightly.

2 Transfer 3 cups of the potato mixture to a blender; add the remaining ½ cup water. Cover and blend until nearly smooth. Return to Dutch oven; cook and stir until mixture is heated through and potatoes are tender. Stir in cheese. Cook and stir over low heat until cheese is melted.

3 If desired, top each serving with sliced sweet peppers and parsley.

nutrition facts per serving: 438 cal., 17 g total fat (11 g sat. fat), 54 mg chol., 883 mg sodium, 53 g carb., 5 g dietary fiber, 19 g protein.

quick sausage minestrone

prep: 15 minutes **cook:** 25 minutes
makes: 6 servings

This flavor-packed soup features beans, potatoes, and Italian pork sausage cooked in a garlicky tomato broth. Hearty leaves of escarole, chopped and stirred in at the end, add texture.

1 19-ounce can cannellini (white kidney) beans, rinsed and drained
2 cups peeled and cubed potato (2 medium)
1 14.5-ounce can Italian-style stewed tomatoes, undrained and cut up
1 14.5-ounce can reduced-sodium beef broth
8 ounces cooked Italian sausage links, cut into ½-inch slices
2 teaspoons bottled minced garlic
¼ teaspoon crushed red pepper flakes
2 cups chopped escarole or Swiss chard leaves
⅓ cup shredded Parmesan or Asiago cheese

1 In a Dutch oven combine beans, potato, tomatoes, broth, sausage, garlic, and red pepper flakes. Bring to boiling; reduce heat. Simmer, covered, for 25 to 30 minutes or until potatoes are tender.

2 Before serving, stir in escarole. Sprinkle each serving with cheese.

nutrition facts per serving: 256 cal., 12 g total fat (4 g sat. fat), 25 mg chol., 942 mg sodium, 26 g carb., 6 g dietary fiber, 16 g protein.

quick chicken minestrone: Prepare as directed, except substitute two 6-ounce packages refrigerated cooked Italian-style chicken breast strips for the sausage, one 10-ounce package frozen cut green beans for the potatoes, and low-sodium chicken broth for the beef broth. Reduce cooking time to 15 minutes or until green beans are tender. Before serving, stir in 2 cups torn fresh spinach in place of the escarole.

winter squash and sage sausage chili

start to finish: 20 minutes
makes: 4 servings

Just a few ingredients make up this simple but hearty stew. Pureed squash from the freezer case of your supermarket forms the rich base while chipotle salsa adds extra kick.

1 pound bulk sage sausage or your favorite sausage
1 15-ounce can cannellini beans, rinsed and drained
1 12-ounce package frozen winter squash puree, thawed
1 cup chunky-style chipotle salsa or other salsa
1½ cups water
1 3.5-ounce package herb-flavored goat cheese, crumbled
Fresh sage (optional)

In large saucepan cook sausage over medium heat until brown and no pink remains, stirring to break up; drain fat. Stir in beans, squash, salsa, and the water. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes, stirring occasionally. Serve in bowls; sprinkle with goat cheese and sage, if using.

nutrition facts per serving: 385 cal., 14 g total fat (7 g sat. fat), 119 mg chol., 1466 mg sodium, 34 g carb., 7 g dietary fiber, 39 g protein.

lowfat

pizza soup

prep: 10 minutes **cook:** 10 minutes
makes: 6 servings

You won't even miss the pie, thanks to this warm and hearty bowl that incorporates the enticing flavors of a fully loaded pizza.

1 cup chopped onion (1 large)
1 cup chopped green sweet pepper (1 large)
1 cup sliced fresh mushrooms
1 cup halved, sliced zucchini
1 14.5-ounce can beef broth
1 14.5-ounce can Italian-style tomatoes, undrained and cut up
1 8-ounce can pizza sauce
4 ounces fully cooked smoked sausage links, thinly sliced
½ teaspoon pizza seasoning
½ cup shredded reduced-fat mozzarella cheese (2 ounces)

1 In a medium saucepan combine onion, sweet pepper, mushrooms, zucchini, and ¼ cup of the broth. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes.

2 Stir in the remaining broth, undrained tomatoes, pizza sauce, sausage, and seasoning. Simmer for 5 to 10 minutes more or until the vegetables are tender. Top each serving with cheese.

nutrition facts per serving: 163 cal., 9 g total fat (3 g sat. fat), 18 mg chol., 919 mg sodium, 12 g carb., 2 g dietary fiber, 10 g protein.

easy beef and noodle soup

start to finish: 25 minutes
makes: 4 servings

Combine cans of beef broth and cream of onion soup to form the base for this quick, satisfying soup. If you have fresh parsley, use 6 tablespoons instead of the flakes and stir it in just before serving.

1 pound lean ground beef
2½ cups water
1 10.75-ounce can condensed cream of onion soup
1 10.5-ounce can condensed beef broth
1½ cups dried medium noodles
2 tablespoons dried parsley flakes
Finely shredded Parmesan cheese (optional)

1 In a large saucepan or skillet cook meat over medium-high heat until brown. Drain fat. Stir in the water, onion soup, broth, noodles, and parsley flakes.

2 Bring to boiling; reduce heat. Simmer, covered, for about 5 minutes or until noodles are tender, stirring occasionally. If desired, sprinkle individual servings with Parmesan cheese.

nutrition facts per serving: 357 cal., 19 g total fat (7 g sat. fat), 98 mg chol., 1218 mg sodium, 19 g carb., 1 g dietary fiber, 27 g protein.

spicy sausage soup

start to finish: 25 minutes
makes: 6 servings

Thin golden rounds of baked Parmesan cheese make a fine accompaniment for this soup by adding satisfying richness and a pleasing crunch.

1 pound bulk hot or mild pork sausage
¼ cup chopped onion
2 cloves garlic, minced
3 14-ounce cans chicken broth
½ teaspoon dried Italian seasoning, crushed
4 cups coarsely chopped Swiss chard leaves
1 roma tomato, chopped
Parmesan Cheese Crisps (optional)

1 In a large Dutch oven cook sausage, onion, and garlic until meat is brown, stirring to break up meat as it cooks. Drain fat.

2 Stir broth and Italian seasoning into meat mixture. Bring to boiling; reduce heat. Stir in Swiss chard; cook just until wilted. Stir in tomato; cook for 1 minute more. If desired, top each serving with Parmesan Cheese Crisps.

nutrition facts per serving: 227 cal., 16 g total fat (6 g sat. fat), 48 mg chol., 1258 mg sodium, 6 g carb., 1 g dietary fiber, 11 g protein.

parmesan cheese crisps: Preheat oven to 400°F. Coarsely shred 6 ounces Parmesan cheese. Line a baking sheet with parchment paper or nonstick foil. Place about 1 tablespoon of the shredded cheese on prepared sheet; pat into a 2-inch circle. Repeat with remaining cheese, allowing 2 inches between circles. Bake for 7 to 8 minutes or until bubbly and lightly golden. Let stand on baking sheet for 1 to 2 minutes or until cooled but still pliable. Carefully peel off paper or foil. Place cheese crisps on a wire rack; cool completely.

quick pork-bean soup

prep: 15 minutes **cook:** 15 minutes
makes: 4 servings

Pork strips get a quick sizzle in a skillet to join beans and seasonings for a hearty soup that's ready to enjoy in just minutes. Crusty rolls and creamy coleslaw make good accompaniments.

12 ounces lean boneless pork
1 cup chopped onion (1 large)
2 tablespoons vegetable oil
2 cups water
1 11.5-ounce can condensed bean with bacon soup
1½ cups sliced carrot (3 medium)
1 teaspoon Worcestershire sauce
¼ teaspoon dry mustard

1 Cut pork into thin bite-size strips. In a large skillet cook the meat and onion in hot oil for 3 to 4 minutes or until meat is brown. Stir in the water, soup, carrot, Worcestershire sauce, and dry mustard.

2 Bring to boiling; reduce heat. Simmer, covered, for 15 minutes.

nutrition facts per serving: 312 cal., 13 g total fat (3 g sat. fat), 52 mg chol., 678 mg sodium, 23 g carb., 6 g dietary fiber, 24 g protein.

lowfat

ham, sweet pepper, and zucchini soup

start to finish: 25 minutes
makes: 6 servings

Even short simmers, like a brothy smoky ham soup loaded with fresh summer veggies, yield a colorful soup with big flavor.

1 tablespoon butter
1¼ cups coarsely chopped zucchini (1 medium)
¾ cup coarsely chopped yellow sweet pepper (1 medium)
2 cloves garlic, minced
3 14-ounce cans chicken broth
3 cups chopped cooked ham (1 pound)
2 tablespoons snipped fresh basil

In a large saucepan melt butter over medium heat. Add zucchini, sweet pepper, and garlic; cook until tender. Add broth. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes. Stir in ham; heat through. Stir in basil.

nutrition facts per serving: 167 cal., 9 g total fat (3 g sat. fat), 51 mg chol., 1814 mg sodium, 7 g carb., 2 g dietary fiber, 15 g protein.

lowfat

lickety-split pea soup with ham

start to finish: 25 minutes
makes: 4 servings

Apple juice and sautéed leeks give this hearty soup long-simmered flavor in just 25 minutes. Serve with toasted baguette slices brushed with olive oil and a light sprinkling of coarse salt.

⅔ cup sliced leeks (2 medium)*
2 teaspoons olive oil
2 19-ounce cans ready-to-serve green split pea with bacon soup
1½ cups apple juice or apple cider
1 cup chopped carrot (2 medium)
½ cup diced cooked ham
½ teaspoon ground black pepper
Fresh mint leaves (optional)

1 In a large saucepan cook leeks in hot oil over medium heat about 3 minutes or just until tender. Using a slotted spoon, remove a few leek slices; set aside.

2 Stir split pea soup, apple juice, carrot, ham, and pepper into leeks in saucepan. Bring to boiling; reduce heat. Simmer, covered, about 15 minutes or until carrot is tender.

3 Top each serving with reserved leek slices and, if desired, mint.

nutrition facts per serving: 291 cal., 4 g total fat (1 g sat. fat), 3 mg chol., 1038 mg sodium, 51 g carb., 7 g dietary fiber, 11 g protein.

***note:** See tip on cleaning leeks.

lowfat

turkey-tortilla soup

start to finish: 20 minutes
makes: 6 servings

Salsa adds a lively beat to the turkey and zucchini in this aromatic meal in a bowl. For a heartier soup, use a salsa with black beans and corn.

2 tablespoons vegetable oil
3 6-inch corn tortillas, cut into strips
2 14.5-ounce cans reduced-sodium chicken broth
1 cup chunky red salsa
2 cups cubed cooked turkey, chicken, pork, or beef
1½ cups coarsely chopped zucchini
Sour cream (optional)
Snipped fresh cilantro (optional)
Lime wedges (optional)

1 In a large skillet heat oil over medium heat. Add tortilla strips; cook and stir until crisp. Using a slotted spoon, remove tortilla strips from skillet; drain on paper towels.

2 In a large saucepan combine broth and salsa. Bring to boiling over medium-high heat. Stir in turkey and zucchini; heat through.

3 If desired, top each serving with sour cream and cilantro. Serve with tortilla strips and, if desired, lime wedges.

nutrition facts per serving: 262 cal., 11 g total fat (2 g sat. fat), 53 mg chol., 920 mg sodium, 16 g carb., 3 g dietary fiber, 26 g protein.

country chicken and potato soup

start to finish: 25 minutes
makes: 4 servings

Fresh leeks add a natural sweetness to this soup while starchy potatoes give it a wonderful body without the addition of a thickener. Serve the soup hot or cold.

2 14-ounce cans reduced-sodium chicken broth
1 20-ounce package refrigerated red-skinned potato wedges
½ cup chopped leek, white part only*
2 or 3 cloves garlic, minced
2 cups chopped cooked chicken (10 ounces)
1 tablespoon snipped fresh chives
⅛ teaspoon ground black pepper
1 cup half-and-half, light cream, or milk
Whole fresh chives
Garlic-flavor olive oil**(optional)

1 In a large saucepan combine 1 can of the broth, potatoes, leek, and garlic. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes. Remove from heat.

2 Using a potato masher, slightly mash potatoes, leaving some potato pieces. Add chicken, snipped chives, and pepper. Stir in remaining broth and half-and-half; heat through.

3 Top each serving with whole chives and, if desired, a few drops of garlic-flavor oil.

nutrition facts per serving: 319 cal., 12 g total fat (6 g sat. fat), 85 mg chol., 707 mg sodium, 23 g carb., 4 g dietary fiber, 28 g protein.

***note:** See tip on cleaning leeks.

****note:** To make your own garlic-flavor olive oil, in a small skillet heat 2 tablespoons olive oil over medium heat. Add 1 clove minced garlic; cook and stir until garlic begins to brown. Remove from heat. Strain to remove garlic. Discard any unused oil (do not store).

simply ramen chicken soup

start to finish: 15 minutes
makes: 4 servings

Brimming with chicken, broccoli, and ramen noodles, this is one of the quickest soups you can get to the table. Offer it with other Chinese take-out foods, such as egg rolls.

2 14-ounce cans reduced-sodium chicken broth
2 3-ounce packages chicken-flavor ramen noodles
½ teaspoon dried oregano or basil, crushed
1 10-ounce package frozen cut broccoli
2 cups shredded cooked chicken or turkey (about 10 ounces)
¼ cup sliced almonds, toasted

1 In a large saucepan combine broth, seasoning packets from ramen noodles, and oregano. Bring to boiling.

2 Break up noodles. Add noodles and broccoli to broth mixture. Return to boiling; reduce heat. Simmer, uncovered, for 3 minutes. Stir in chicken; heat through. Sprinkle each serving with almonds.

nutrition facts per serving: 416 cal., 18 g total fat (2 g sat. fat), 62 mg chol., 1300 mg sodium, 32 g carb., 3 g dietary fiber, 30 g protein.

lowfat

mexi-chicken soup

start to finish: 30 minutes
makes: 6 servings

Jump-start your soup making in one of two ways: buying ready-to-go chopped chicken or chopping meat pulled from a deli-roasted chicken.

1 32-ounce carton reduced-sodium chicken broth
1 15-ounce can black beans, rinsed and drained
1 15-ounce can golden hominy, rinsed and drained
1 cup bottled salsa
1 cup bottled nopalitos (cactus leaves), drained, or bite-size green sweet pepper strips
1 4-ounce can diced green chiles
1 tablespoon chili powder
1 teaspoon ground cumin
2½ cups chopped cooked chicken
Snipped fresh herbs of your choice (optional)

In a 4-quart Dutch oven combine broth, black beans, hominy, salsa, nopalitos, undrained chiles, chili powder, and cumin. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes. Add chicken; heat through. If desired, sprinkle each serving with fresh herbs.

nutrition facts per serving: 240 cal., 6 g total fat (1 g sat. fat), 52 mg chol., 1060 mg sodium, 25 g carb., 7 g dietary fiber, 25 g protein.

lowfat

easy oriental chicken soup

start to finish: 20 minutes
makes: 3 servings

Ramen noodles are a convenient and inexpensive staple to keep on hand. Frozen mixed vegetables with water chestnuts boost flavor and add nutritional value to this perfect weeknight soup.

1 tablespoon cooking oil
8 ounces packaged chicken breast stir-fry strips
3 cups water
½ of a 16-ounce package frozen broccoli, carrots, and water chestnuts (2 cups)
1 3-ounce package chicken-flavor ramen noodles
2 tablespoons reduced-sodium soy sauce

1 In a large saucepan heat oil over medium-high heat. Add chicken; cook and stir for 2 to 3 minutes or until no longer pink. Remove from heat; drain off fat.

2 Carefully add the water, vegetables, and seasoning packet from ramen noodles to chicken in saucepan. Bring to boiling. Break up noodles; stir into soup. Reduce heat. Simmer, covered, for 3 minutes. Stir in soy sauce.

nutrition facts per serving: 254 cal., 8 g total fat (1 g sat. fat), 63 mg chol., 829 mg sodium, 22 g carb., 5 g dietary fiber, 22 g protein.

spring chicken stew

start to finish: 30 minutes
makes: 4 servings

The addition of bok choy, baby carrots, and lemon makes this savory stew light and elegant. The recipe calls for jarred gravy as a convenient way to add richness.

1 lemon
1¼ pounds skinless, boneless chicken thighs
Salt
Ground black pepper
1 tablespoon olive oil
8 ounces baby carrots with tops, scrubbed, trimmed, and halved lengthwise
1 12-ounce jar chicken gravy
1½ cups water
1 tablespoon Dijon-style mustard
2 heads baby bok choy, quartered
Fresh lemon thyme (optional)

1 Finely shred zest from lemon; set zest aside. Juice lemon; set juice aside. Season chicken lightly with salt and pepper.

2 In a Dutch oven heat oil over medium-high heat. Add chicken; cook for 2 to 3 minutes or until chicken is brown, turning occasionally.

3 Add carrots, gravy, and the water. Stir in mustard. Bring to boiling. Place bok choy on top. Reduce heat. Simmer, covered, for 10 minutes or until chicken is done and vegetables are tender. Add lemon juice to taste.

4 Top each serving with lemon zest and, if desired, garnish with lemon thyme.

nutrition facts per serving: 273 cal., 12 g total fat (2 g sat. fat), 117 mg chol., 909 mg sodium, 13 g carb., 3 g dietary fiber, 31 g protein.

lowfat

curried chicken noodle soup

start to finish: 30 minutes
makes: 6 servings

Enriched with coconut milk and flavored with Thai curry paste, this aromatic soup provides a welcome change from traditional chicken noodle soup.

3 14-ounce cans reduced-sodium chicken broth
1 to 2 tablespoons green or red Thai curry paste
2 skinless, boneless chicken breast halves (about 10 ounces total)
Salt
1 5-ounce package dried Japanese curly wheat-flour noodles or angel hair pasta
1½ cups chopped peeled sweet potato (1 medium)
½ cup chopped tomato (1 medium)
1 cup canned unsweetened coconut milk
½ cup lightly packed fresh cilantro leaves

1 In a 4-quart Dutch oven combine broth and curry paste. Cover and bring to boiling.

2 Meanwhile, slice chicken breasts crosswise into ¼-inch strips; sprinkle lightly with salt and set aside.

3 Add noodles, sweet potato, and tomato to broth mixture. Return to boiling; reduce heat. Simmer, covered, for 2 minutes, stirring once to break up noodles.

4 Add chicken. Return to boiling; reduce heat. Simmer, covered, for 2 to 3 minutes more or until chicken is tender

and no longer pink. Stir in coconut milk. Top each serving with cilantro.

nutrition facts per serving: 273 cal., 9 g total fat (7 g sat. fat), 27 mg chol., 690 mg sodium, 30 g carb., 2 g dietary fiber, 18 g protein.

chunky bean and chicken chili

start to finish: 20 minutes
makes: 4 servings

The crushed tortilla chips added to the chili act as a thickener and give it great whole-grain texture.

3 cups tortilla chips
2 teaspoons vegetable oil
1 pound skinless, boneless chicken breasts or thighs, cut into bite-size pieces
2 19-ounce cans cannellini (white kidney) beans, rinsed and drained
1½ cups shredded Monterey Jack cheese with jalapeño peppers (6 ounces)
1 4.5-ounce can diced green chiles, undrained
1 14-ounce can reduced-sodium chicken broth
½ cup water
Fresh cilantro (optional)

1 Preheat broiler. Coarsely crush 2 cups of the chips.

2 In 4- to 5-quart Dutch oven, heat oil over medium-high heat. Add chicken; cook until brown. Add beans, 1 cup of the cheese, undrained chiles, broth, the water, and crushed chips. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes, stirring occasionally.

3 Meanwhile, for tortilla crisps, place remaining 1 cup chips on a baking sheet lined with nonstick foil. Sprinkle with remaining ½ cup cheese. Broil 6 inches from heat for 1 to 2 minutes or until cheese is melted and begins to brown.

Serve chili with tortilla crisps. If desired, sprinkle with cilantro.

nutrition facts per serving: 575 cal., 23 g total fat (10 g sat. fat), 111 mg chol., 1172 mg sodium, 52 g carb., 14 g dietary fiber, 55 g protein.

chicken and pasta soup with pesto

start to finish: 25 minutes
makes: 4 to 6 servings

A spoonful of purchased basil pesto gives this quick-to-make soup a fresh and flavorful finish.

2 14-ounce cans reduced-sodium chicken broth
1 pound skinless, boneless chicken breast halves or thighs, cubed
1 14.5-ounce can diced tomatoes with basil, garlic, and oregano, undrained
½ cup dried orzo
1 cup chopped zucchini (1 small)
1 teaspoon finely shredded lemon zest
1 tablespoon lemon juice
Ground black pepper
4 to 6 tablespoons purchased basil pesto

1 In a large saucepan combine broth, chicken, undrained tomatoes, and orzo. Bring to boiling; reduce heat. Simmer, covered, for 6 minutes.

2 Add zucchini, lemon zest, and lemon juice. Return to boiling; reduce heat. Simmer, uncovered, for 3 to 4 minutes or until orzo and zucchini are tender and chicken is no longer pink. Season to taste with pepper. Top each serving with pesto.

nutrition facts per serving: 371 cal., 12 g total fat (0 g sat. fat), 68 mg chol., 1180 mg sodium, 30 g carb., 1 g dietary fiber, 35 g protein.

lowfat

chicken and vegetable ravioli soup

start to finish: 25 minutes
makes: 4 servings

Refrigerated pasta lets you put a soup together lickety split. If you can't find vegetable ravioli or herb-chicken tortellini, use a cheese version.

Nonstick cooking spray
12 ounces skinless, boneless chicken breast halves, cut into ½-inch cubes
6 cups reduced-sodium chicken broth
½ cup sliced leek or chopped onion*
1 tablespoon grated fresh ginger
¼ teaspoon saffron threads, slightly crushed (optional)
1 9-ounce package vegetable ravioli or refrigerated herb-chicken tortellini
½ cup fresh baby spinach leaves or shredded fresh spinach

1 Lightly coat an unheated large saucepan with nonstick cooking spray. Preheat over medium-high heat. Add chicken; cook and stir for 3 minutes. Carefully add broth, leek, ginger, and, if desired, saffron.

2 Bring to boiling. Add ravioli. Return to boiling; reduce heat. Simmer, uncovered, for 5 to 9 minutes or until ravioli are tender, stirring occasionally. Remove from heat. Top each serving with spinach.

nutrition facts per serving: 222 cal., 3 g total fat (0 g sat. fat), 59 mg chol., 1221 mg sodium, 21 g carb., 3 g dietary fiber, 29 g protein.

***note:** See tip on cleaning leeks.

lowfat

creamy chicken-vegetable soup

start to finish: 30 minutes
makes: 4 servings

A hearty bowl of soup like this one, chock-full of vegetables, makes a satisfying meal on any cold day. It's also a terrific way to use up leftover chicken or turkey.

½ cup chopped celery (1 stalk)
½ cup sliced leek or chopped onion*
½ cup thinly sliced carrot (1 medium)
1 tablespoon butter or margarine
1 14-ounce can reduced-sodium chicken broth
¼ cup all-purpose flour
2 cups milk
1 tablespoon snipped fresh thyme or basil or 1 teaspoon dried thyme or basil, crushed
¼ teaspoon salt
1½ cups chopped cooked chicken or turkey (about 8 ounces)
¼ cup dry white wine or reduced-sodium chicken broth
Cracked black pepper

1 In a large saucepan cook celery, leek, and carrot in hot butter until tender. In a medium bowl gradually stir broth into flour; stir flour mixture into vegetables in saucepan. Add milk, dried herb (if using), and salt; cook and stir until

slightly thickened and bubbly. Cook and stir for 1 minute more.

2 Stir in chicken, wine, and fresh herb (if using); cook for about 2 minutes more or until heated through.

3 Season each serving with pepper.

nutrition facts per serving: 254 cal., 10 g total fat (5 g sat. fat), 68 mg chol., 560 mg sodium, 16 g carb., 1 g dietary fiber, 23 g protein.

***note:** See tip on cleaning leeks.

chicken soup dijonaise

start to finish: 30 minutes
makes: 4 servings

Thyme and Dijon-style mustard, along with a sprinkling of fresh parsley, punctuate this creamy soup with wonderfully bright flavors.

1 tablespoon butter
1 tablespoon olive oil
1 cup chopped onion (2 medium)
2 leeks, trimmed and sliced*
1 tablespoon Dijon-style mustard
2 14-ounce cans reduced-sodium chicken broth
1 medium Yukon Gold potato, cut into ½-inch pieces (about 1 cup)
¾ cup half-and-half or light cream
2 tablespoons all-purpose flour
2 cups chopped cooked chicken
1 teaspoon snipped fresh thyme
⅛ teaspoon ground white pepper
2 tablespoons snipped fresh parsley

1 In a large saucepan heat butter and olive oil over medium heat. Add onion and leeks; cook for 4 to 6 minutes or until tender, stirring occasionally. Stir in mustard. Stir in broth and potato. Bring to boiling; reduce heat. Simmer, covered, for 8 to 10 minutes or until potato is tender.

2 In a small bowl whisk together half-and-half and flour until smooth; stir into broth mixture. Add chicken, thyme, and white pepper; cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Sprinkle with parsley.

nutrition facts per serving: 344 cal., 17 g total fat (7 g sat. fat), 86 mg chol., 674 mg sodium, 21 g carb., 2 g dietary fiber, 26 g protein.

***note:** See tip on cleaning leeks.

lowfat

turkey and rice soup

start to finish: 20 minutes
makes: 6 servings

Whether you choose the light and brothy version or the cream-based soup, pesto delivers vibrant flavor. When you don't have turkey, use deli-roasted chicken.

4 cups chicken broth
¼ teaspoon dried Italian seasoning, crushed
¼ teaspoon ground black pepper
1 10-ounce package frozen mixed vegetables
1 cup instant white or brown rice
2 cups chopped cooked turkey or chicken (10 ounces)
1 14.5-ounce can diced tomatoes, drained
2 tablespoons basil pesto

1 In a large saucepan combine broth, Italian seasoning, and pepper. Bring to boiling. Stir in frozen vegetables and rice.

2 Return to boiling; reduce heat. Simmer, covered, for 8 to 10 minutes or until vegetables are tender. Stir in turkey, tomatoes, and pesto; heat through.

nutrition facts per serving: 233 cal., 6 g total fat (1 g sat. fat), 38 mg chol., 847 mg sodium, 25 g carb., 2 g dietary fiber, 18 g protein.

creamy turkey and rice soup: Prepare as directed. In a small bowl combine one 8-ounce carton sour cream and 2 tablespoons all-purpose flour. Stir sour cream mixture into hot soup; cook and stir until thickened and bubbly. Cook and stir for 1 minute more.

creamy tomato and shrimp chowder

start to finish: 20 minutes
makes: 4 servings

Whipping cream and tomatoes seasoned with herbs and garlic make a rich base for this simple soup. Serve with sliced country bread that's been lightly toasted and rubbed with a cut garlic clove.

8 ounces fresh or frozen peeled, cooked medium shrimp with tails
1 tablespoon olive oil
1 cup chopped celery (2 stalks)
½ cup chopped onion (1 medium)
2 14.5-ounce cans diced tomatoes with basil, garlic, and oregano, undrained
½ cup whipping cream
½ cup water
Ground black pepper
Slivered fresh basil (optional)
Sliced bread (optional)

1 Thaw shrimp, if frozen. In a large saucepan heat oil over medium heat. Add celery and onion; cook and stir just until tender.

2 Stir in undrained tomatoes; heat through. Stir in shrimp, cream, and the water; cook over medium heat just until heated through. Season to taste with pepper.

3 If desired, garnish each serving with basil and serve with sliced bread.

nutrition facts per serving: 245 cal., 15 g total fat (8 g sat. fat), 152 mg chol., 1056 mg sodium, 14 g carb., 2 g dietary fiber, 15 g protein.

lowfat

shrimp and greens soup

start to finish: 20 minutes
makes: 4 servings

Although great any time of year, this fresh-tasting soup is perfectly light for summer. The savory combination of shrimp, shredded bok choy, and leek is embellished with an accent of lemon pepper.

12 ounces peeled and deveined fresh or frozen shrimp
1 leek, thinly sliced*
2 cloves garlic, minced
1 tablespoon olive oil
3 14-ounce cans reduced-sodium chicken broth or vegetable broth
1 tablespoon snipped fresh parsley
1 teaspoon snipped fresh marjoram or thyme or ¼ teaspoon dried marjoram or thyme, crushed
¼ teaspoon lemon pepper
3 cups shredded bok choy or spinach leaves

1 Thaw shrimp, if frozen. Rinse shrimp; pat dry with paper towels. Set aside.

2 In a large saucepan cook leek and garlic in hot oil over medium-high heat about 2 minutes or until leek is tender. Carefully add chicken broth, parsley, marjoram, and lemon pepper. Bring to boiling; add shrimp. Return to boiling; reduce heat.

3 Simmer, uncovered, for 2 minutes. Stir in bok choy; cook about 1 minute more or until bok choy is wilted.

nutrition facts per serving: 147 cal., 6 g total fat (1 g sat. fat), 131 mg chol., 1093 mg sodium, 5 g carb., 2 g dietary fiber, 18 g protein.

***note:** See tip on cleaning leeks.

lowfat

fabulous fish soup

prep: 10 minutes **cook:** 15 minutes
makes: 4 servings

Cod, haddock, and pike are all good varieties of fish to use in this herbed, tomato-based soup.

2 cups water
1 14.5-ounce can tomatoes, undrained and cut up
2 cups frozen mixed vegetables
1 cup thinly sliced celery (2 stalks)
¾ cup chopped onion
1½ teaspoons instant chicken bouillon granules
1 teaspoon dried oregano, crushed
1 clove garlic, minced
Several dashes bottled hot pepper sauce
8 ounces fresh or frozen fish fillets, cut into 1-inch pieces

1 In a large saucepan combine the water, undrained tomatoes, mixed vegetables, celery, onion, bouillon granules, oregano, garlic, and hot pepper sauce. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes or until vegetables are tender.

2 Stir in fish. Return just to boiling; reduce heat. simmer gently, covered, for about 5 minutes or until fish flakes easily with a fork.

nutrition facts per serving: 159 cal., 2 g total fat, 27 mg chol., 441 mg sodium, 21 g carb., 16 g protein.

vegetable-cheese chowder

start to finish: 25 minutes
makes: 4 servings

Frozen vegetables are the secret to this quick chowder. A little smoked Gouda cheese produces the robust flavor.

1 16-ounce package frozen broccoli, cauliflower, and carrots
½ cup water
2 cups milk
⅓ cup all-purpose flour
1 14-ounce can chicken broth
1 cup shredded smoked Gouda cheese (4 ounces)

1 In a large saucepan combine frozen vegetables and the water. Bring to boiling; reduce heat. Simmer, covered, about 4 minutes or just until vegetables are tender. Do not drain.

2 Meanwhile, in a screw-top jar combine ⅔ cup of the milk and flour; cover and shake well. Stir milk mixture into vegetable mixture in saucepan. Add remaining 1⅓ cups milk and broth; cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Add cheese; cook and stir over low heat until cheese is nearly melted.

nutrition facts per serving: 370 cal., 20 g total fat (13 g sat. fat), 81 mg chol., 942 mg sodium, 22 g carb., 3 g dietary fiber, 25 g protein.

tortellini florentine soup

start to finish: 30 minutes
makes: 6 servings

1 9-ounce package refrigerated three-cheese tortellini
2 14.5-ounce cans low-sodium chicken broth
1 10-ounce container refrigerated light Alfredo pasta sauce
2 cups shredded purchased roasted chicken
½ cup oil-packed dried tomato strips, drained
½ of a 5-ounce package fresh baby spinach
Shaved or shredded Parmesan cheese (optional)

1 In a 4-quart Dutch oven cook tortellini according to package directions; drain.

2 In the same Dutch oven combine broth and pasta sauce. Stir in chicken and dried tomatoes. Bring just to boiling; reduce heat. Simmer, uncovered, for 5 minutes.

3 Stir in cooked tortellini and spinach; cook for 1 to 2 minutes or just until tortellini is heated through and spinach is wilted. If desired, top each serving with cheese.

nutrition facts per serving: 286 cal., 15 g total fat (6 g sat. fat), 77 mg chol., 1094 mg sodium, 21 g carb., 1 g dietary fiber, 20 g protein.

tomato-tortellini soup

start to finish: 15 minutes
makes: 4 servings

Tomato soup and tortellini harmonize in this rich cream cheese–based soup. Bake some quick and easy refrigerated breadsticks to serve alongside.

2 14-ounce cans reduced-sodium chicken broth or vegetable broth
1 9-ounce package refrigerated tortellini
½ of an 8-ounce tub cream cheese spread with chive and onion
1 10.75- or 11-ounce can condensed tomato or tomato bisque soup
Snipped fresh chives (optional)

1 In a medium saucepan bring broth to boiling. Add tortellini; reduce heat. Simmer, uncovered, for 5 minutes.

2 In a small bowl whisk ⅓ cup of the hot broth into cream cheese spread until smooth. Add cream cheese mixture and tomato soup to saucepan; heat through. If desired, sprinkle each serving with chives.

nutrition facts per serving: 363 cal., 14 g total fat (8 g sat. fat), 57 mg chol., 1264 mg sodium, 44 g carb., 1 g dietary fiber, 14 g protein.

lowfat

creamy carrot and pasta soup

start to finish: 30 minutes
makes: 4 servings

Hot Jamaican spices zip up this creamy pasta soup. With a dash of jerk seasoning—a unique island blend of spices, herbs, and fiery chiles—this pasta soup recipe is Jamaica's own.

2 14-ounce cans chicken broth (3½ cups)
2 cups sliced carrot (4 medium)
1 large potato, peeled and diced
1 cup chopped onion (1 large)
1 tablespoon grated fresh ginger
½ to 1 teaspoon Jamaican jerk seasoning
8 ounces dried tricolor radiatore or rotini
1½ cups milk or one 12-ounce can evaporated skim milk
Fresh chives (optional)

1 In a large saucepan combine broth, carrot, potato, onion, ginger, and Jamaican jerk seasoning. Bring to boiling; reduce heat. Simmer, covered, for 15 to 20 minutes or until vegetables are very tender. Cool slightly.

2 Meanwhile, cook pasta according to package directions; drain.

3 Transfer vegetable mixture, one-fourth at a time, to a food processor. Cover and process until smooth. Return pureed mixture to saucepan. Stir in pasta and milk; heat through. If desired, garnish each serving with chives.

nutrition facts per serving: 363 cal., 4 g total fat (2 g sat. fat), 8 mg chol., 750 mg sodium, 65 g carb., 3 g dietary fiber, 16 g protein.

4

hearty & meaty

Warm up to big, hearty meals in a bowl, featuring moist, tender chunks of meat. Whether it’s familiar combos, such as meatballs and veggies or something entirely new, such as lamb cassoulet or polenta-topped stew, you’ll find plenty of savory recipes to satisfy the meat-lovers in your family.

Polenta Meat Stew
Mustard-Herb Beef Stew
Barley-Beef Soup
Zesty Apricot-Beef Stew
Italian Wedding Soup
Beefy Italian Vegetable Soup
Hamburger-Vegetable Soup
Souper Spaghetti
Taco Soup
Mediterranean Meatball Soup
Pesto Meatball Stew
Barley Soup with Meatballs
Mexican Meatball Stew
Aromatic Beef Stew with Butternut Squash
Beef Stew and Garlic Mash
Pork and Lentil Cassoulet
Creamy Ham and Potato Chowder
Pork and Chorizo Stew
Pork and Sweet Potato Stew
Cider-Pork Stew
Pork Roast and Vegetable Stew
Pork Stew with Gremolata
Red Posole
Pork and Hominy Soup
Ham and Lima Soup

Tuscan Ham and Bean Soup
Two-Pea Soup with Pork
Gingered Pork and Cabbage Soup
Wild Rice–Ham Soup
Curried Pork and Apple Stew
Brunswick-Style Stew
Loaded Bratwurst Stew
Lentil and Sausage Soup
Lentil and Lamb Soup
Lamb Cassoulet
Lamb Stew with Pasta
Lamb and Orzo Soup with Spinach
Spicy Venison Stew

slowcooker lowfat

polenta meat stew

prep: 30 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high)
makes: 8 servings

A richly flavored wine sauce coats seasoned beef chuck steak and vegetables in this hearty one-dish meal.

2½ pounds boneless beef chuck roast, pork shoulder roast, or lamb stew meat
¼ cup all-purpose flour
1 teaspoon dried thyme, crushed
1 teaspoon dried basil, crushed
½ teaspoon salt
½ teaspoon ground black pepper
4 medium carrots, cut into 1-inch pieces
8 ounces boiling onions, peeled, or frozen small whole onions
6 cloves garlic, minced
1 teaspoon snipped fresh rosemary or ¼ teaspoon dried rosemary, crushed
1 14.5-ounce can reduced-sodium beef broth
1 cup water
½ cup dry red wine
1 recipe Polenta
½ cup snipped fresh parsley
¼ cup tomato paste
Snipped fresh Italian parsley (optional)

1 Trim fat from meat. Cut meat into 1-inch pieces. In a resealable plastic bag combine flour, thyme, basil, salt, and pepper. Add meat pieces, several at a time, shaking to coat. Place meat in a 3½- or 4-quart slow cooker. Add carrots, onions, garlic, and dried rosemary (if using). Stir in broth, the water, and wine.

2 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

3 Shortly before serving, prepare Polenta.

4 To serve, stir fresh rosemary (if using), ½ cup parsley, and tomato paste into meat mixture. Serve stew in shallow bowls with polenta. If desired, garnish with additional parsley.

nutrition facts per serving: 357 cal., 8 g total fat (3 g sat. fat), 92 mg chol., 560 mg sodium, 30 g carb., 3 g dietary fiber, 37 g protein.

polenta: In a large saucepan bring 3 cups milk just to a simmer over medium heat. In a medium bowl combine 1 cup cornmeal, 1 cup water, and 1 teaspoon salt. Slowly stir cornmeal mixture into hot milk; cook and stir until mixture comes to a boil. Reduce heat to low. Cook for 10 to 15 minutes or until mixture is very thick, stirring occasionally. (If mixture is too thick, stir in additional milk.) Stir in 2 tablespoons butter or margarine until melted.

lowfat

mustard-herb beef stew

prep: 30 minutes **cook:** 1 to 1¼ hours
makes: 6 servings

Basic meat and potatoes get bold flavor after simmering in this heady combination of dark beer, onions, thyme, and parsley. It will fill you up on a chilly winter evening.

⅓ cup all-purpose flour
1 tablespoon snipped fresh parsley
1 teaspoon snipped fresh thyme or ½ teaspoon dried thyme, crushed
1 teaspoon ground black pepper
½ teaspoon salt
1½ pounds boneless beef chuck, cut in 1- to 1½-inch pieces
2 tablespoons olive oil
8 to 10 ounces cippollini onions, peeled, or 1 medium onion, peeled and cut in wedges
4 carrots, peeled and cut into 1-inch pieces
1 8-ounce package fresh cremini mushrooms, halved if large
8 tiny Yukon Gold potatoes, halved
3 tablespoons tomato paste
2 tablespoons spicy brown mustard
1 14-ounce can beef broth
1 12-ounce bottle dark porter beer or nonalcoholic beer
1 bay leaf

1 In large bowl combine flour, parsley, thyme, pepper, and salt. Add beef, a few pieces at a time; stir to coat. Reserve

leftover flour mixture.

2 In 6-quart Dutch oven heat oil over medium-high heat. Add beef; cook until brown. Stir in onions, carrots, mushrooms, and potatoes; cook and stir 3 minutes. Stir in tomato paste, mustard, and remaining flour mixture. Add broth, beer, and bay leaf. Bring to boiling; reduce heat. Simmer, covered, for 1 to 1¼ hours or until beef is tender. Discard bay leaf.

nutrition facts per serving: 426 cal., 11 g total fat (3 g sat. fat), 50 mg chol., 880 mg sodium, 43 g carb., 5 g dietary fiber, 33 g protein.

slowcooker lowfat

barley-beef soup

prep: 25 minutes **cook:** 1¾ hours
makes: 8 servings

Beef and barley are a classic combination in soup and one that yields a hearty, meaty richness and pleasantly chewy texture. Add a bit of freshness with a sprinkling of chopped parsley over each serving.

12 ounces beef or lamb stew meat, cut into 1-inch cubes
1 tablespoon vegetable oil
4 14-ounce cans beef broth
1 cup chopped onion (1 large)
½ cup chopped celery (1 stalk)
1 teaspoon dried oregano or basil, crushed
¼ teaspoon ground black pepper
2 cloves garlic, minced
1 bay leaf
1 cup frozen mixed vegetables
1 14.5-ounce can diced tomatoes, undrained
1 cup ½-inch slices peeled parsnip or ½-inch cubes peeled potato
⅔ cup quick-cooking barley

1 In a Dutch oven brown meat in hot oil. Stir in broth, onion, celery, oregano, pepper, garlic, and bay leaf. Bring to boiling; reduce heat. Simmer, covered, for 1½ hours for beef (45 minutes for lamb).

2 Stir in frozen vegetables, undrained tomatoes, parsnip, and barley. Return to boiling; reduce heat. Simmer, covered, about 15 minutes more or until meat and vegetables are tender. Discard bay leaf.

nutrition facts per serving: 171 cal., 4 g total fat (1 g sat. fat), 25 mg chol., 865 mg sodium, 20 g carb., 4 g dietary fiber, 13 g protein.

slow cooker directions: Substitute regular barley for quick-cooking barley. In a large skillet brown cubed beef in hot oil. Drain fat. In a 5- or 6-quart slow cooker combine beef and remaining ingredients. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

lowfat

zesty apricot-beef stew

prep: 30 minutes **cook:** 1½ hours
makes: 4 to 6 servings

Dried apricots lend sweetness to this hearty stew punctuated with Dijon mustard and red wine and served over pasta. Finish with a sprinkle of parsley.

1 tablespoon olive oil
1 pound beef stew meat, cut into 1-inch cubes
1 medium onion, cut into thin wedges
1 large clove garlic, minced
1 14-ounce can beef broth
1 cup dry red wine or cranberry juice
1½ cups water
½ cup dried apricot halves
2 tablespoons Dijon-style mustard
1½ teaspoons dried thyme, crushed
¼ teaspoon ground black pepper
2 cups sliced carrot (3 large)
⅓ cup water
3 tablespoons all-purpose flour
1 tablespoon snipped fresh Italian parsley
3 cups dried medium noodles, cooked and drained

1 In a 4-quart Dutch oven heat oil over medium heat. Add meat; cook until brown. Add onion; cook about 4 minutes more or until just tender. Add garlic; cook and stir 1 minute more. Add broth, wine, the 1½ cups water, apricot halves,

mustard, thyme, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 1 hour, stirring occasionally.

2 Stir in carrots. Return to boiling; reduce heat. Simmer, covered, for 30 to 40 minutes more or until meat and carrots are tender, stirring occasionally.

3 In a small bowl whisk together the 1/3 cup water and flour until smooth. Stir into stew; cook and stir until thickened and bubbly. Cook and stir 1 minute more.

4 Sprinkle with parsley and serve with noodles.

nutrition facts per serving: 448 cal., 10 g total fat (3 g sat. fat), 74 mg chol., 693 mg sodium, 45 g carb., 4 g dietary fiber, 32 g protein.

slowcooker lowfat

italian wedding soup

prep: 35 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high) + 20 minutes (high)
makes: 6 servings

Italian wedding soup gets its name from the marriage of meat and greens. Use lean ground beef, pork, or lamb.

1 large onion
1 egg, lightly beaten
3 oil-packed dried tomatoes, drained and finely snipped
¼ cup fine dry bread crumbs
2 teaspoons dried Italian seasoning, crushed
1 pound lean ground beef
2 teaspoons olive oil
1 large fennel bulb
2 14.5-ounce cans reduced-sodium chicken broth
3½ cups water
6 cloves garlic, thinly sliced
½ teaspoon ground black pepper
¾ cup dried orzo
5 cups shredded fresh spinach

1 Finely chop one-third of the onion; thinly slice remaining onion. In a large bowl combine chopped onion, egg, dried tomatoes, bread crumbs, and 1 teaspoon of the Italian seasoning. Add ground beef; mix well. Shape mixture into 12 meatballs. In a large skillet cook meatballs in hot oil over medium-high heat until brown on all sides. Remove from

skillet; drain on paper towels. Transfer meatballs to a 4½- or 5-quart slow cooker.

2 Meanwhile, cut off and discard upper stalks of fennel. If desired, reserve some of the feathery leaves for garnish. Remove any wilted outer layers; cut off and discard a thin slice from fennel base. Cut fennel into thin wedges; add to cooker. Add sliced onion, remaining 1 teaspoon Italian seasoning, broth, the water, garlic, and pepper.

3 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

4 If using low-heat setting, turn to high-heat setting. Gently stir in pasta. Cover and cook for 20 to 30 minutes more or until pasta is tender. Stir in spinach.

5 If desired, garnish each serving with the reserved fennel leaves.

nutrition facts per serving: 283 cal., 10 g total fat (3 g sat. fat), 83 mg chol., 515 mg sodium, 26 g carb., 3 g dietary fiber, 21 g protein.

lowfat

beefy italian vegetable soup

prep: 25 minutes **cook:** 15 minutes
makes: 4 servings

A variety of vegetables, such as mushrooms, escarole, green beans, and yellow sweet pepper, ensures this colorful soup will be a crowd-pleaser.

1 teaspoon vegetable oil
12 ounces boneless beef sirloin steak, trimmed of fat and cut into bite-size pieces
8 ounces fresh mushrooms, quartered
½ cup chopped onion (1 medium)
3 cloves garlic, minced
1 tablespoon balsamic vinegar
2 14-ounce cans reduced-sodium beef broth
1 14.5-ounce can no-salt-added diced tomatoes, undrained
¼ cup dry red wine (optional)
½ teaspoon dried Italian seasoning, crushed
¼ teaspoon fennel seed, crushed
¼ teaspoon ground black pepper
3 cups escarole or kale, chopped
1 cup fresh green beans, bias-sliced into bite-size pieces
1 medium yellow sweet pepper, chopped

1 In a 4-quart Dutch oven heat oil over medium-high heat. Add beef; cook until brown, stirring occasionally. Using a slotted spoon, remove beef from Dutch oven.

2 Add mushrooms, onion, and garlic to Dutch oven; cook and stir 6 minutes or until tender and mushrooms are brown. Add vinegar; stir to remove browned bits on the bottom of the pan.

3 Add broth, undrained tomatoes, wine, if desired, Italian seasoning, fennel seed, and pepper. Bring to boiling. Add beef, escarole, green beans, and sweet pepper. Reduce heat. Simmer, covered, about 15 minutes or until vegetables and beef are tender.

nutrition facts per serving: 209 cal., 5 g total fat (1 g sat. fat), 36 mg chol., 469 mg sodium, 17 g carb., 5 g dietary fiber, 25 g protein.

hamburger-vegetable soup

start to finish: 35 minutes
makes: 6 servings

Looking for a new way to serve easy, always satisfying ground beef? Try this family favorite.

1 pound lean ground beef
½ cup chopped onion (1 medium)
½ cup chopped green sweet pepper (1 small)
2 cloves garlic, minced
4 cups beef broth
1 14.5-ounce can diced tomatoes, undrained
1 14- to 16-ounce package desired frozen mixed vegetables
½ cup peeled and cubed potato
1½ teaspoons dried Italian seasoning, crushed
1 teaspoon Worcestershire sauce
½ teaspoon salt
⅛ teaspoon ground black pepper

1 In a large saucepan cook ground beef, onion, sweet pepper, and garlic over medium-high heat until meat is brown, using a wooden spoon to break up meat as it cooks. Drain fat. Stir in broth, undrained tomatoes, frozen vegetables, potato, Italian seasoning, Worcestershire sauce, salt, and black pepper.

2 Bring to boiling; reduce heat. Simmer, covered, about 15 minutes or until vegetables are tender.

nutrition facts per serving: 249 cal., 12 g total fat (5 g sat. fat), 51 mg chol., 1017 mg sodium, 17 g carb., 4 g dietary fiber, 19 g protein.

lowfat

souper spaghetti

prep: 20 minutes **cook:** 25 minutes
makes: 6 servings

Ground beef, vegetables, and broken spaghetti noodles are simmered in a rich tomato sauce to make this fun dinner dish.

1 pound lean ground beef
½ cup chopped onion (1 medium)
1 small green sweet pepper, chopped
½ cup chopped celery (1 stalk)
1 medium carrot, chopped
2 cloves garlic, minced
2 14.5-ounce cans diced tomatoes, undrained
2½ cups water
1 13- to 15-ounce jar spaghetti sauce
1 tablespoon sugar
½ teaspoon dried Italian seasoning, crushed
½ teaspoon salt
¼ teaspoon ground black pepper
Pinch crushed red pepper flakes
2 ounces spaghetti, broken into 2-inch pieces
Fresh herb sprigs of your choice (optional)

1 In a large saucepan or Dutch oven cook meat, onion, sweet pepper, celery, carrot, and garlic over medium heat until vegetables are tender and meat is no longer pink, stirring frequently. Drain fat.

2 Add undrained tomatoes, the water, spaghetti sauce, sugar, Italian seasoning, salt, black pepper, and red pepper

flakes. Bring to boiling. Add broken spaghetti. Return to boiling; reduce heat. Gently boil, uncovered, for 12 to 15 minutes or until spaghetti is tender. Serve immediately. If desired, top each serving with a fresh herb sprig.

nutrition facts per serving: 263 cal., 9 g total fat (3 g sat. fat), 48 mg chol., 960 mg sodium, 28 g carb., 5 g dietary fiber, 17 g protein.

slowcooker

taco soup

prep: 20 minutes **slow cook:** 6 to 8 hours (low) or 3 to 4 hours (high)
makes: 8 servings

Black-eyed peas and a trio of beans make this dynamic soup distinctive. A spoonful of sour cream on each serving adds a cooling touch.

1 pound ground beef
1 15.5-ounce can black-eyed peas, undrained
1 15-ounce can black beans, undrained
1 15-ounce can chili beans with chili gravy, undrained
1 15-ounce can garbanzo beans (chickpeas), undrained
1 14.5-ounce can Mexican-style stewed tomatoes, undrained
1 11-ounce can whole-kernel corn with sweet peppers, undrained
1 1.25-ounce package taco seasoning mix
Sour cream
Salsa
Tortilla chips

1 In a 4-quart Dutch oven cook ground beef until brown. Drain fat. Stir in undrained black-eyed peas, undrained black beans, undrained chili beans, undrained garbanzo beans, undrained tomatoes, and undrained corn. Stir in taco seasoning; mix until well combined.

2 Bring to boiling; reduce heat. Simmer, covered, for 1 to 2 hours, stirring occasionally. Serve with sour cream, salsa, and tortilla chips.

nutrition facts per serving: 409 cal., 13 g total fat, 41 mg chol., 1423 mg sodium, 52 g carb., 12 g dietary fiber, 26 g protein.

slow cooker directions: Brown ground beef as directed and place in a 3½- or 4-quart slow cooker. Stir in undrained vegetables and taco seasoning mix, as directed. Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours. Serve as directed.

lowfat

mediterranean meatball soup

prep: 25 minutes **bake:** 15 minutes **oven:** 350°F **cook:** 20 minutes
makes: 6 servings

Fast, delicious, and sure to please, this chunky soup has everything your family wants for a weeknight dinner. Baking the meatballs is a fuss-free way to cook them without adding any fat.

¾ cup soft whole wheat bread crumbs
¼ cup refrigerated or frozen egg product, thawed, or 1 egg, lightly beaten
4 cloves garlic, minced
2 teaspoons snipped fresh rosemary or ½ teaspoon dried rosemary, crushed
¼ teaspoon ground black pepper
1 pound 90% or higher lean ground beef
1 tablespoon olive oil
1½ cups coarsely chopped carrot (3 medium)
2 medium yellow and/or red sweet peppers, seeded and cut into bite-size strips
½ cup chopped onion (1 medium)
2 cups reduced-sodium beef broth
2 cups water
1 15-ounce can Great Northern beans, rinsed and drained
½ cup quick-cooking barley
4 cups fresh baby spinach leaves

1 Preheat oven to 350°F. In a large bowl combine bread crumbs, egg, half of the garlic, half of the rosemary, and black pepper. Add ground beef; mix well. Shape meat mixture into 1½-inch meatballs. Place meatballs in a foil-lined 15×10×1-inch baking pan. Bake about 15 minutes or until done in centers (160°F). Set aside.

2 In a 5- to 6-quart Dutch oven heat oil over medium heat. Add carrot, sweet pepper, onion, and remaining garlic; cook for 5 minutes, stirring occasionally. Add stock, the water, beans, barley, and remaining rosemary. Bring to boiling; reduce heat. Simmer, covered about 15 minutes or until barley is tender.

3 Add meatballs to barley mixture; heat through. Stir in spinach just before serving.

nutrition facts per serving: 301 cal., 10 g total fat (3 g sat. fat), 49 mg chol., 400 mg sodium, 31 g carb., 7 g dietary fiber, 25 g protein.

slowcooker

pesto meatball stew

prep: 10 minutes **slow cook:** 5 to 7 hours (low) or 2½ to 3½ hours (high)
makes: 6 servings

Just five ingredients—frozen meatballs, stewed tomatoes, white beans, basil pesto, and Parmesan cheese—make up this wholesome, filling stew your family's sure to love.

2 14.5-ounce cans Italian-style stewed tomatoes, undrained
1 16-ounce package (32) frozen cooked Italian-style meatballs, thawed
1 15- to 19-ounce can cannellini (white kidney) beans, rinsed and drained
½ cup water
¼ cup purchased basil pesto
½ cup finely shredded Parmesan cheese (2 ounces)

1 In a 3½- or 4-quart slow cooker, combine undrained tomatoes, meatballs, beans, the water, and pesto.

2 Cover and cook on low-heat setting for 5 to 7 hours or on high-heat setting for 2½ to 3½ hours. Sprinkle each serving with cheese.

nutrition facts per serving: 408 cal., 27 g total fat (10 g sat. fat), 34 mg chol., 1201 mg sodium, 24 g carb., 6 g dietary fiber, 17 g protein.

barley soup with meatballs

prep: 35 minutes **cook:** 15 minutes
makes: 6 to 8 servings

A trio of winter vegetables—squash, carrots, and parsnips star in this warming soup. Choose regular or Italian-seasoned meatballs, whichever suits your palate.

4 slices bacon or peppered bacon
½ cup chopped onion (1 medium)
2 cloves garlic, minced
1 1- to 1½-pound butternut or acorn squash, peeled and cut into ¾-inch pieces (about 4 cups)
2 medium carrots, peeled and cut into ¾-inch pieces
2 medium parsnips, peeled and cut into ¾-inch pieces
4 14-ounce cans reduced-sodium chicken broth or reduced-sodium beef broth (about 7 cups)
1 cup apple juice or water
1 teaspoon dried Italian seasoning, dried thyme, or dried oregano, crushed
1 cup quick-cooking barley
24 frozen cooked meatballs, thawed (about ⅔ of a 16-ounce package)
Salt
Ground black pepper

1 In a 4-quart Dutch oven cook bacon until crisp. Remove bacon from Dutch oven, reserving 1 tablespoon of the drippings in pan. Drain bacon on paper towels; set aside.

2 Cook onion and garlic in reserved drippings over medium heat until tender. Add squash, carrots, and parsnips; cook for 5 minutes more, stirring occasionally. Add broth, apple

juice, and Italian seasoning. Bring to boiling; stir in barley. Reduce heat. Simmer, covered, for 10 to 15 minutes or until barley and vegetables are tender. Add meatballs; heat through. Season to taste with salt and pepper.

3 Crumble cooked bacon and sprinkle over each serving.

nutrition facts per serving: 439 cal., 20 g total fat (8 g sat. fat), 51 mg chol., 1296 mg sodium, 50 g carb., 9 g dietary fiber, 18 g protein.

slowcooker

mexican meatball stew

prep: 10 minutes **slow cook:** 6 to 7 hours (low) or 3 to 3½ hours (high)
makes: 8 to 10 servings

Meatballs hail from Italy, but the spicy sauce is definitely Mexican. Together the pair make a hearty and comforting supper.

2 14.5-ounce cans Mexican-style stewed tomatoes, undrained
2 12-ounce packages frozen cooked Italian-style turkey meatballs, thawed (24 total)
1 15-ounce can black beans, rinsed and drained
1 14-ounce can seasoned chicken broth with roasted garlic
1 10-ounce package frozen whole-kernel corn, thawed
Fresh oregano (optional)

1 In a 4- to 5-quart slow cooker, combine undrained tomatoes, meatballs, beans, broth, and corn.

2 Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours. If desired, garnish each serving with oregano.

nutrition facts per serving: 287 cal., 13 g total fat (6 g sat. fat), 37 mg chol., 1134 mg sodium, 30 g carb., 6 g dietary fiber, 16 g protein.

lowfat

aromatic beef stew with butternut squash

prep: 40 minutes **cook:** 30 to 35 minutes
makes: 6 servings

Nutrient-packed butternut squash is a natural in this flavorful Moroccan-spiced stew. Serve with couscous to scoop up the rich tomatoey sauce.

2 teaspoons olive oil
1 pound stew beef (round or chuck), cut into chunks
1 cup chopped onion (1 large)
1 tablespoon grated fresh ginger
2 cloves garlic, minced
1 pound peeled cubed butternut squash, cut into 1½-inch cubes (about 2½ cups)
1 14.5-ounce can no-salt-added diced tomatoes
1 8-ounce can no-salt-added tomato sauce
1½ cups reduced-sodium beef broth
1½ teaspoons ground cumin
1 teaspoon ground cinnamon
½ teaspoon crushed red pepper flakes
3 cups cooked whole wheat couscous
¼ cup sliced almonds, toasted*
1 to 2 tablespoons chopped fresh parsley

1 Heat oil in a 4-quart saucepan over medium-high heat. Add beef; cook until browned on all sides, about 5 minutes. Transfer meat to plate, leaving juices in saucepan. Add

onion to pan; cook 6 minutes, stirring often, or until softened and translucent. Add ginger and garlic; cook, stirring, for 1 minute more.

2 Return beef to pan. Stir in squash, diced tomatoes, tomato sauce, broth, cumin, cinnamon, and red pepper flakes. Bring to boiling; reduce heat. Simmer, covered, for 30 to 35 minutes or until beef is tender.

3 Serve with couscous. Sprinkle with almonds and parsley.

nutrition facts per serving: 421 cal., 11 g total fat (3 g sat. fat), 29 mg chol., 206 mg sodium, 57 g carb., 10 g dietary fiber, 25 g protein.

***note:** Toast almonds in a dry skillet over medium-high heat, stirring frequently, for about 2 minutes or until golden brown.

beef stew and garlic mash

start to finish: 25 minutes
makes: 4 servings

Tender beef and vegetables top garlic mashed potatoes to create a comforting supper that's ready in less than 30 minutes. Packaged roast beef and frozen vegetables are the clever shortcuts.

1 1-pound bag frozen assorted vegetable blend (carrots, peas, and onions)
½ cup water
1 17-ounce package refrigerated cooked beef tips in gravy
2 teaspoons Worcestershire sauce
6 cloves garlic
1 pound Yukon Gold or red potatoes, halved
2 tablespoons olive oil
¼ teaspoon salt
¼ teaspoon ground black pepper
2 tablespoons fresh oregano leaves

1 In a 4-quart Dutch oven combine vegetables and the water. Bring to boiling over medium heat. Meanwhile, microwave beef tips according to package directions. Add beef and Worcestershire to vegetables; reduce heat to low. Cook, covered, for 5 minutes or until vegetables are tender.

2 In small microwave-safe bowl cover garlic and 2 tablespoons water with vented plastic wrap. Microwave on 100 percent power (high) for 1 minute; set aside. In large microwave-safe bowl microwave potatoes on 100 percent power (high) for 8 to 10 minutes; stirring once halfway through cooking.

3 Peel and mash garlic. Add garlic, oil, salt, and black pepper to potatoes; mash. Divide among four dishes; top with stew. Sprinkle each serving with oregano.

nutrition facts per serving: 368 cal., 14 g total fat (3 g sat. fat), 47 mg chol., 888 mg sodium, 42 g carb., 8 g dietary fiber, 24 g protein.

slowcooker

pork and lentil cassoulet

prep: 20 minutes **slow cook:** 10 to 12 hours (low) or 4½ to 5½ hours (high)

makes: 4 servings

By using lentils instead of the white beans in a traditional French cassoulet, you can skip the step of soaking and precooking the beans. Unlike dried beans, lentils can be added to the slow cooker straight from the package.

12 ounces boneless pork shoulder
1 large onion, cut into wedges
2 cloves garlic, minced
2 teaspoons vegetable oil
2½ cups water
1 14.5-ounce can tomatoes, undrained and cut up
4 medium carrots and/or parsnips, sliced ½ inch thick (2 cups)
2 stalks celery, thinly sliced
¾ cup lentils
1½ teaspoons dried rosemary, crushed
1 teaspoon instant beef bouillon granules
¼ teaspoon salt
¼ teaspoon ground black pepper

1 Trim fat from pork; cut meat into ¾-inch cubes. In a large nonstick skillet brown pork, onion, and garlic in hot oil. Transfer mixture to a 3½- to 4-quart slow cooker. Add the

water, undrained tomatoes, carrots, celery, lentils, rosemary, bouillon granules, salt, and pepper to cooker.

2 Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 4½ to 5½ hours.

nutrition facts per serving: 354 cal., 12 g total fat (3 g sat. fat), 37 mg chol., 641 mg sodium, 37 g carb., 5 g dietary fiber, 26 g protein.

slowcooker lowfat

creamy ham and potato chowder

prep: 20 minutes **slow cook:** 3 hours (high) + 30 minutes (high)
makes: 6 servings

Everyday cream of potato soup gets a flavor boost from savory ham and an array of toppers. Set out the toppers—herb, cheese, and broccoli—so your hungry clan can customize their own bowls.

12 ounces tiny yellow potatoes, cut into ¾-inch pieces
1 cup chopped onion (1 large)
2 14.5-ounce cans reduced-sodium chicken broth
¼ cup cornstarch
½ teaspoon dried thyme, crushed
¼ teaspoon ground black pepper
1 12-ounce can evaporated fat-free milk
½ cup diced cooked lean ham
1 cup coarsely shredded carrot (2 medium)
1 cup broccoli florets, steamed
¼ cup shredded cheddar cheese (1 ounce)
2 teaspoons snipped fresh thyme

1 In a 4-quart slow cooker combine potatoes and onion. Pour broth over all. Cover and cook on high-heat setting for 3 hours.

2 In a medium bowl combine cornstarch, dried thyme, and pepper. Whisk in evaporated milk. Slowly stir the cornstarch mixture, ham, and carrot into the hot soup. Cover and cook on high-heat setting for 30 minutes more, stirring the soup occasionally.

3 Top each serving with broccoli, cheese, and fresh thyme.

nutrition facts per serving: 171 cal., 2 g total fat (1 g sat. fat), 12 mg chol., 566 mg sodium, 27 g carb., 3 g dietary fiber, 11 g protein.

pork and chorizo stew

start to finish: 40 minutes
makes: 4 servings

Hearty comfort food at its most robust, this meat-lover's stew featuring pork loin and spicy chorizo marries well with cooked pasta. Serve with warm garlic bread.

1 1-pound pork tenderloin, cut into 1-inch cubes
8 ounces cooked smoked chorizo sausage, cut into ¼-inch slices
1 tablespoon cooking oil
1 cup coarsely chopped onion (1 large)
2 cloves garlic, minced
2 tablespoons all-purpose flour
½ teaspoon dried thyme, crushed
2½ cups reduced-sodium beef broth
1 cup frozen peas and carrots
Salt
Ground black pepper
2 cups dried egg noodles

1 In a 4-quart Dutch oven cook pork cubes and chorizo in hot oil over medium-high heat for 10 minutes or until brown. Using a slotted spoon, transfer meat to a plate; set aside.

2 Add onion and garlic to pan; cook and stir for 4 to 5 minutes or until tender. Return meat and any accumulated juices to pan. Add flour and thyme; cook and stir for 1 minute.

3 Gradually add broth, stirring to loosen any browned bits from bottom of pan. Add frozen peas and carrots. Bring to

boiling; reduce heat. Simmer, uncovered, for 15 to 20 minutes. Season to taste with salt and pepper.

4 Meanwhile, in a large pan cook egg noodles according to package directions. Drain well. Serve stew with noodles.

nutrition facts per serving: 555 cal., 30 g total fat (10 g sat. fat), 140 mg chol., 1211 mg sodium, 26 g carb., 3 g dietary fiber, 43 g protein.

pork and sweet potato stew

prep: 20 minutes **cook:** 25 to 32 minutes
makes: 6 to 8 servings

This aromatic stew is even better the next day, when the herbs and spices and fruity flavors have had time to really infuse the meat. Serve it with rustic bread.

1 2½- to 3-pound pork loin, cut into 1¼- to 1½-inch cubes
½ teaspoon salt
¼ teaspoon ground black pepper
3 to 4 tablespoons all-purpose flour
3 tablespoons olive oil
1 cup chopped onion (1 large)
2 or 3 stalks celery, chopped
2 or 3 cloves garlic, minced
1 14-ounce can chicken broth
1 10-ounce bottle apple-cranberry juice
1 cup water
2 large sweet potatoes, peeled and cut into 1¼-inch cubes
1 to 2 tablespoons snipped fresh sage
Grated fresh nutmeg
Fresh sage leaves

1 Lightly sprinkle pork with salt and pepper. Place flour in a large bowl; add pork and toss to coat. Reserve any remaining flour.

2 In a 5- to 6-quart Dutch oven heat 1 tablespoon of the oil over medium-high heat. Add half the pork; brown on all sides. Transfer pork to a plate; set aside. Repeat with 1 tablespoon oil and remaining pork. Transfer pork to the plate.

3 Add remaining 1 tablespoon oil to pan along with onion and celery; cook 5 to 7 minutes or until tender. Stir in garlic. Sprinkle with any remaining flour; stir to coat. Slowly stir in broth, juice, and the water. Return pork to pan; add sweet potatoes and snipped sage. Bring to a simmer. Reduce heat and cook 20 to 25 minutes more or until potatoes and pork are tender. Season to taste with salt and pepper.

4 Top each serving with nutmeg and fresh sage leaves.

nutrition facts per serving: 481 cal., 24 g total fat (7 g sat. fat), 131 mg chol., 600 mg sodium, 23 g carb., 2 g dietary fiber, 41 g protein.

slowcooker lowfat

cider-pork stew

prep: 20 minutes **slow cook:** 10 to 12 hours (low) or 5 to 6 hours (high)
makes: 8 servings

A slow cooker makes the pork and vegetables extra tender in this main-dish stew recipe. Apples and apple cider tenderize and add sweetness.

2 pounds boneless pork shoulder roast
2½ cups cubed potatoes (3 medium)
1½ cups coarsely chopped carrot (3 medium)
2 medium onions, sliced
1 cup coarsely chopped apple (1 medium)
½ cup coarsely chopped celery (1 stalk)
3 tablespoons quick-cooking tapioca
2 cups apple juice or apple cider
1 teaspoon salt
1 teaspoon caraway seeds
¼ teaspoon ground black pepper
Celery leaves (optional)

1 Cut meat into 1-inch cubes. In a 3½- to 5½-quart slow cooker, combine meat, potatoes, carrots, onions, apple, celery, and tapioca. Stir in apple juice, salt, caraway seeds, and pepper.

2 Cover and cook on low-heat setting for 10 to 12 hours or high-heat setting for 5 to 6 hours. If desired, garnish each serving with celery leaves.

nutrition facts per serving: 272 cal., 7 g total fat (2 g sat. fat), 73 mg chol., 405 mg sodium, 27 g carb., 3 g dietary fiber, 24 g protein.

pork roast and vegetable stew

prep: 45 minutes **cook:** 1½ hours
makes: 8 servings

A jar of pasta sauce and diced tomatoes provide the base for this hearty pork and vegetable stew.

2 pounds boneless pork shoulder roast
1 tablespoon olive oil
1 tablespoon butter
1 cup chopped celery (2 stalks)
1 cup chopped onion (1 large)
1 tablespoon dried chives
1 teaspoon dried parsley, crushed
1 teaspoon dried basil, crushed
½ teaspoon dried dill
½ teaspoon ground black pepper
1 26-ounce jar pasta sauce
1 14.5-ounce can diced tomatoes, undrained
2 cups frozen whole-kernel corn
1 cup packaged peeled fresh baby carrots, halved lengthwise
3 Yukon Gold potatoes, peeled, if desired, and cut into 1-inch pieces
Salt

1 Trim fat from pork; discard fat. Cut pork in 1- to 2-inch pieces.

2 In a 4- to 5-quart Dutch oven cook pork, half at a time, in hot oil over medium-high heat until brown, stirring occasionally. Remove from pan. Add butter to pan. Add

celery, onion, chives, parsley, basil, dill, and pepper; cook for 8 to 10 minutes or until vegetables are tender, stirring occasionally.

3 Add pasta sauce, undrained tomatoes, corn, carrots, potatoes, and browned pork to onion mixture. Bring to boiling; reduce heat. Simmer, covered, about 1½ hours or until meat and vegetables are tender, stirring occasionally. Season to taste with salt.

nutrition facts per serving: 363 cal., 12 g total fat (4 g sat. fat), 72 mg chol., 532 mg sodium, 40 g carb., 6 g dietary fiber, 26 g protein.

slowcooker

pork stew with gremolata

prep: 25 minutes **slow cook:** 7 to 8 hours (low) or 3½ to 4 hours (high)
makes: 4 servings

Gremolata is a traditional garnish of parsley, lemon zest, and garlic that adds a fresh, sprightly flavor to savory and meaty stews.

1½ pounds boneless pork shoulder roast
1 tablespoon olive oil
1 14.5-ounce can diced tomatoes, undrained
1 14-ounce can beef broth
1 large onion, cut into thin wedges
1 cup sliced carrot (2 medium)
½ cup sliced celery (1 stalk)
½ cup dry white wine
1 tablespoon quick-cooking tapioca, crushed
2 cloves garlic, minced
½ teaspoon dried thyme, crushed
¼ teaspoon salt
⅛ teaspoon ground black pepper
2 cups hot cooked orzo or rice
1 recipe Gremolata

1 Trim fat from meat. Cut meat into 1-inch pieces. In a large skillet cook meat, half at a time, in hot oil over medium heat until brown. Drain fat. Transfer meat to a 3½- or 4-quart slow cooker. Stir in undrained tomatoes, broth, onion, carrot, celery, wine, tapioca, garlic, thyme, salt, and pepper.

2 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.

3 Serve over hot cooked orzo. Sprinkle each serving with Gremolata.

nutrition facts per serving: 530 cal., 14 g total fat (4 g sat. fat), 107 mg chol., 805 mg sodium, 49 g carb., 4 g dietary fiber, 44 g protein.

gremolata: In a small bowl stir together ¼ cup snipped fresh Italian parsley, 2 teaspoons finely shredded lemon zest, and 4 cloves minced garlic.

slowcooker

red posole

prep: 20 minutes **slow cook:** 8 to 9 hours (low) or 4 to 4½ hours (high) + 30 minutes (high)
makes: 8 servings

Posole is a traditional soup in Mexico, often served on Christmas Eve. The broth-rich soup is made with pork shoulder, red chile powder, and lots of add-ins, including cabbage and hominy.

1½ pounds boneless pork shoulder, cut into 1-inch cubes
2 15-ounce cans hominy, rinsed and drained
1 cup chopped onion (1 large)
1 4-ounce can diced green chiles, undrained
1 tablespoon ancho chile powder
1½ teaspoons dried oregano, crushed
2 cloves garlic, minced
½ teaspoon ground cumin
2 14.5-ounce cans reduced-sodium chicken broth
2 cups coarsely chopped cabbage
1 10-ounce can enchilada sauce
Lime wedges
Fresh pineapple wedges (optional)

1 In a 4- to 5-quart slow cooker combine pork, hominy, onion, chiles, chile powder, oregano, garlic, and cumin. Pour broth over all.

2 Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 4½ hours.

3 If using low-heat setting, turn cooker to high-heat setting. Stir in cabbage and enchilada sauce. Cover and cook for 30 minutes more.

4 Garnish each serving with lime wedges and, if desired, pineapple wedges.

nutrition facts per serving: 279 cal., 12 g total fat (4 g sat. fat), 53 mg chol., 659 mg sodium, 23 g carb., 4 g dietary fiber, 19 g protein.

lowfat

pork and hominy soup

prep: 35 minutes **cook:** 20 minutes
makes: 4 servings

This wonderfully textured soup marries a handful of classic Mexican flavors. For a milder flavor, choose ground pasilla or ancho chile pepper; for a spicy-smoky flavor, choose ground chipotle chile pepper.

2 teaspoons vegetable oil
12 ounces pork tenderloin, trimmed of fat and cut into bite-size pieces
1 medium poblano or Anaheim pepper, seeded and chopped*
1 large onion, cut into thin wedges
3 cloves garlic, minced
1 15.5-ounce can golden or white hominy, rinsed and drained
1 14.5-ounce can no-salt-added diced tomatoes, undrained
1 14-ounce can reduced-sodium chicken broth
1¾ cups water
1 tablespoon lime juice
2 teaspoons snipped fresh oregano or 1 teaspoon dried oregano, crushed
1 teaspoon ground cumin
1 teaspoon ground pasilla, ancho, or chipotle pepper
¼ teaspoon ground black pepper
¼ cup sliced radishes, shredded cabbage, and/or sliced green onions

1 In a 4-quart Dutch oven heat oil. Add pork, poblano pepper, onion, and garlic; cook over medium heat for 5 minutes or until tender, stirring occasionally. Stir in hominy, undrained tomatoes, broth, the water, lime juice, oregano, cumin, ground pasilla pepper, and black pepper. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes.

2 Top each serving with radishes, cabbage, and/or green onions.

nutrition facts per serving: 258 cal., 6 g total fat (1 g sat. fat), 55 mg chol., 569 mg sodium, 29 g carb., 6 g dietary fiber, 23 g protein.

***note:** See tip on handling chile peppers.

slowcooker lowfat

ham and lima soup

prep: 40 minutes **stand:** 1 hour **slow cook:** 11 to 13 hours (low) or 5½ to 6½ hours (high)

makes: 6 servings

Giant lima beans make this bean soup stand out from the rest. Their mellow, buttery flavor adds a lovely layer of richness.

1½ cups dried giant lima beans, cannellini (white kidney) beans, or navy beans
6 cups water
2 cooked smoked pork hocks or 1 to 1½ pounds meaty ham bones
2¼ cups water
1 14.5-ounce can reduced-sodium chicken broth
1½ cups sliced celery (3 stalks)
1½ cups sliced carrot (3 medium)
1½ cups sliced leek (4 medium)*
2 tablespoons snipped fresh rosemary or 2½ teaspoons dried rosemary, crushed
¼ teaspoon ground black pepper
1 bay leaf
3 cups torn fresh kale or spinach leaves
Salt

1 Rinse beans. In a 4-quart Dutch oven combine beans and the 6 cups water. Bring to boiling; reduce heat. Simmer, uncovered, for 2 minutes. Remove from heat. Cover and let stand for 1 hour. (Or place beans and the 6 cups water in a 4-quart Dutch oven. Cover and let soak in a cool place

overnight.) Drain and rinse beans. Transfer to a 5- to 6-quart slow cooker.

2 Add pork hocks, the 2¼ cups water, broth, celery, carrot, leek, rosemary, ¼ teaspoon pepper, and bay leaf to slow cooker. Cover and cook on low-heat setting for 11 to 13 hours or on high-heat setting for 5½ to 6½ hours.

3 To serve, remove pork hocks and cool slightly. Meanwhile, if desired, mash beans slightly. When hocks are cool enough to handle, cut meat off bones; discard bones. Chop meat. Discard bay leaf. Stir meat and kale into soup. Season to taste with salt and pepper.

nutrition facts per serving: 265 cal., 4 g total fat (1 g sat. fat), 22 mg chol., 826 mg sodium, 40 g carb., 11 g dietary fiber, 19 g protein.

***note:** See tip on cleaning leeks.

slowcooker lowfat

tuscan ham and bean soup

prep: 25 minutes **slow cook:** 6 to 8 hours (low) or 3 to 4 hours (high)
makes: 8 servings

This long-simmering soup gets a dose of freshness when you add kale or spinach just before serving.

3 15-ounce cans small white beans, rinsed and drained
2½ cups cubed cooked ham
1½ cups chopped carrot (3 medium)
1 cup thinly sliced celery (2 stalks)
1 cup chopped onion (1 large)
¼ teaspoon ground black pepper
2 14.5-ounce cans diced tomatoes with basil, garlic, and oregano, undrained
2 14.5-ounce cans reduced-sodium chicken broth
8 cups torn fresh kale or spinach leaves
Finely shredded Parmesan cheese (optional)

1 In a 5- to 6-quart slow cooker combine beans, ham, carrots, celery, onion, and pepper. Stir in undrained tomatoes and broth.

2 Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.

3 Before serving, stir in kale. If desired, sprinkle each serving with cheese.

nutrition facts per serving: 323 cal., 3 g total fat (1 g sat. fat), 21 mg chol., 2099 mg sodium, 53 g carb., 12 g dietary fiber,

25 g protein.

best for last

Add delicate leafy green veggies, such as spinach or kale, to long-simmering soups and stews just before serving. The greens will cook quickly in the hot soup, yet keep their fresh flavor and pleasing texture.

lowfat

two-pea soup with pork

prep: 30 minutes **roast:** 15 minutes **oven:** at 425°F
cook: 45 minutes
makes: 6 servings

Green peas, parsley, and lime juice make this a brighter, fresher version of pea soup. Dried split peas and pork keep it thick and hearty.

2 medium carrots, cut into 1-inch pieces
2 stalks celery, cut into 1-inch pieces
1 large onion, cut into wedges
3 cloves garlic, peeled
1 tablespoon olive oil
6 cups water
2 pounds meaty smoked pork hocks
1 cup dried split peas, rinsed and drained
½ teaspoon dried summer savory or marjoram, crushed
¼ teaspoon ground black pepper
1 16-ounce package frozen green peas
⅓ cup packed fresh parsley leaves
2 tablespoons lemon juice
Salt

1 Preheat oven to 425°F. In a shallow baking pan combine carrots, celery, onion, and garlic. Drizzle with oil; toss gently to coat. Spread vegetables in a single layer. Roast, uncovered, for 15 to 20 minutes or until vegetables are light brown on the edges, stirring once.

2 In a large Dutch oven combine roasted vegetables, the water, pork hocks, split peas, savory, and pepper. Bring to

boiling; reduce heat. Simmer, covered, for 45 minutes, stirring occasionally. Remove pork hocks from Dutch oven; set aside.

3 Stir frozen peas and parsley into Dutch oven; cool slightly. Transfer vegetable mixture, half at a time, to a food processor or blender. Cover and process or blend until nearly smooth. Return pureed mixture to Dutch oven. Stir in lemon juice.

4 When pork hocks are cool enough to handle, cut meat from bones; chop meat. Discard bones. Set aside ½ cup of the chopped meat for garnish. Add remaining chopped meat to pureed vegetable mixture; heat through. Season to taste with salt and pepper. Garnish each serving with reserved chopped meat.

nutrition facts per serving: 267 cal., 5 g total fat (1 g sat. fat), 25 mg chol., 663 mg sodium, 35 g carb., 13 g dietary fiber, 21 g protein.

lowfat

gingered pork and cabbage soup

start to finish: 40 minutes
makes: 8 servings

Fresh ginger and Chinese cabbage lend Asian flavors to this hearty soup.

6 cups reduced-sodium chicken broth
8 ounces boneless pork sirloin, cut ½ inch thick
1 cup chopped onion (1 large)
4 cloves garlic, minced
2 teaspoons grated fresh ginger
1 tablespoon vegetable oil
3 small tomatoes, chopped
1 cup finely chopped carrot (2 medium)
½ cup dried anelli pasta or other small pasta
4 cups thinly sliced Chinese cabbage
¼ cup snipped fresh mint

1 In a medium saucepan bring broth to boiling. Meanwhile, trim fat from pork. Cut pork into ½-inch cubes.

2 In a large saucepan cook pork, onion, garlic, and ginger in hot oil until pork is brown.

3 Carefully add hot broth. Bring to boiling. Stir in tomato and carrot. Return to boiling; reduce heat. Simmer, covered, for 15 minutes.

4 Stir in pasta; cook for 6 to 8 minutes more or until pasta is tender but still firm. Stir in sliced Chinese cabbage and mint.

nutrition facts per serving: 118 cal., 3 g total fat (1 g sat. fat), 18 mg chol., 493 mg sodium, 13 g carb., 3 g dietary fiber, 10 g protein.

slowcooker lowfat

wild rice–ham soup

prep: 20 minutes **slow cook:** 6½ to 7½ hours (low) or 3½ to 4 hours (high)
makes: 6 servings

Wild rice lends a chewy texture and nutty, earthy flavor to this aromatic soup. Serve it with a tossed green salad dressed with a raspberry or citrus vinaigrette.

5 cups water
1 14.5-ounce can reduced-sodium chicken broth
1 cup chopped celery (2 stalks)
1 cup diced cooked ham (about 5 ounces)
¾ cup wild rice, rinsed and drained
1 medium onion, cut into thin wedges
1½ teaspoons dried thyme, crushed
1½ cups chopped red sweet peppers (2 medium)
4 cups shredded fresh spinach

1 In a 4- to 5-quart slow cooker combine the water, broth, celery, ham, wild rice, onion, and thyme.

2 Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.

3 If using low-heat setting, turn to high-heat setting. Stir in sweet peppers. Cook, covered, for 30 minutes more. Stir in spinach.

nutrition facts per serving: 124 cal., 1 g total fat (0 g sat. fat), 11 mg chol., 584 mg sodium, 20 g carb., 3 g dietary fiber, 10

g protein.

curried pork and apple stew

prep: 25 minutes **cook:** 1 hour
makes: 8 servings

This hearty one-pot meal combines some of fall's best seasonal ingredients—pork, apples, carrots, and butternut squash—into a satisfying soup recipe.

4 pounds boneless pork shoulder
4 medium tart green cooking apples
2 tablespoons vegetable oil
2 medium onions, cut into thin wedges
1 teaspoon curry powder
1 teaspoon ground coriander
½ teaspoon ground cumin
2 14-ounce cans chicken broth
½ teaspoon salt
¼ teaspoon ground black pepper
2 cups packaged peeled baby carrots, halved lengthwise
1 2-pound butternut squash, peeled, seeded, and cubed (3 cups)
Sour cream

1 Trim fat from pork; cut into 1-inch cubes. Peel, core, and chop two of the apples; set aside. In a large pot brown pork, half at a time, in hot oil. Return all pork to pot. Add chopped apples, onions, curry powder, coriander, and cumin; cook and stir for 2 minutes. Add broth, salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes, stirring occasionally.

2 Add carrots to pork mixture. Return to boiling; reduce heat. Simmer, covered, for 20 minutes, stirring occasionally.

Meanwhile, cut remaining apples into ¼-inch-thick wedges. Add apple wedges and squash to pot; cook, covered, for 10 to 12 minutes more or until pork and vegetables are tender.

3 Top each serving with sour cream.

nutrition facts per serving: 510 cal., 23 g total fat (7 g sat. fat), 159 mg chol., 752 mg sodium, 30 g carb., 6 g dietary fiber, 47 g protein.

slowcooker lowfat

brunswick-style stew

prep: 20 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high) + 30 minutes (high)
makes: 6 to 8 servings

Early Virginia settlers made this hearty stew recipe with squirrel meat. Our updated version simmers all day in your slow cooker and features chicken and ham.

1½ to 2 pounds meaty smoked pork hocks
1 14.5-ounce can diced tomatoes, undrained
1 14.5-ounce can chicken broth
3 medium onions, cut into thin wedges
½ cup ketchup
¼ cup cider vinegar
2 tablespoons packed brown sugar
2 tablespoons Worcestershire sauce
4 cloves garlic, minced
¼ teaspoon ground black pepper
¼ teaspoon bottled hot pepper sauce
1½ cups frozen baby lima beans
1 cup frozen whole-kernel corn

1 In a 5- to 6-quart slow cooker combine pork hocks, undrained tomatoes, broth, onions, ketchup, vinegar, brown sugar, Worcestershire sauce, garlic, black pepper, and hot pepper sauce.

2 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

3 Remove pork hocks. When cool enough to handle, cut meat from bones; coarsely chop meat. Discard bones. Return meat to cooker.

4 If using low-heat setting, turn to high-heat setting. Stir in frozen lima beans and frozen corn. Cover and cook for 30 minutes more.

nutrition facts per serving: 224 cal., 4 g total fat (1 g sat. fat), 20 mg chol., 1138 mg sodium, 37 g carb., 4 g dietary fiber, 11 g protein.

slowcooker lowfat

loaded bratwurst stew

prep: 20 minutes **slow cook:** 6 to 7 hours (low) or 3 to 3½ hours (high)
makes: 6 servings

This soup is very hearty and is great served with cold beer. You can substitute kielbasa or even a flavored chicken sausage. Serve with hunks of freshly baked rye or pumpernickel bread.

1 pound cooked smoked bratwurst, cut into ½-inch slices
4 cups chopped cabbage or packaged shredded cabbage with carrot (coleslaw mix)
1½ cups coarsely chopped red-skinned potatoes
¾ cup chopped red sweet pepper (1 medium)
1 medium onion, cut into thin wedges
2 14.5-ounce cans chicken broth
1 tablespoon spicy brown mustard
1 tablespoon cider vinegar
¼ teaspoon salt
¼ teaspoon ground black pepper
⅛ teaspoon celery seeds
Shredded Swiss cheese (optional)

1 In a 5- to 6-quart slow cooker combine bratwurst, cabbage, potatoes, sweet pepper, and onion. In a medium bowl combine broth, mustard, vinegar, salt, black pepper, and celery seeds. Pour broth mixture over bratwurst mixture in cooker.

2 Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours. If desired, top each serving with cheese.

nutrition facts per serving: 315 cal., 23 g total fat (8 g sat. fat), 49 mg chol., 1348 mg sodium, 15 g carb., 3 g dietary fiber, 12 g protein.

slowcooker lowfat

lentil and sausage soup

prep: 20 minutes **cook:** 30 minutes
makes: 6 servings

Chorizo, a pork sausage popular in Latin dishes, heightens the flavor of the fennel- and carrot-flavored broth. You can substitute your favorite smoked sausage for the chorizo.

1 medium fennel bulb, trimmed, cored, and thinly sliced
1 cup thinly sliced carrot (2 medium)
½ cup chopped onion (1 medium)
2 cloves garlic, minced
1 tablespoon olive oil
2 sweet or hot Italian sausage links, sliced
2 14-ounce cans reduced-sodium chicken broth
1 14.5-ounce can diced tomatoes with basil, garlic, and oregano, undrained
1 cup lentils, rinsed and drained
⅛ teaspoon crushed red pepper flakes

1 In a large saucepan cook fennel, carrot, onion, and garlic in hot oil over medium-high heat for 5 minutes or until tender. Add sausage; cook for 2 to 3 minutes more or until sausage is brown.

2 Stir broth, undrained tomatoes, lentils, and red pepper flakes into saucepan. Bring to boiling; reduce heat. Simmer, covered, for 30 to 35 minutes or until vegetables and lentils are tender.

nutrition facts per serving: 238 cal., 5 g total fat (1 g sat. fat), 9 mg chol., 866 mg sodium, 33 g carb., 12 g dietary fiber, 16 g protein.

lowfat

lentil and lamb soup

prep: 20 minutes **cook:** 1 hour
makes: 6 servings

Lamb, carrots, and celery lend their flavors to the lentils for this low-fat soup recipe.

1 pound lean boneless lamb
Nonstick cooking spray
½ cup chopped onion (1 medium)
4 cups water
1 14.5-ounce can tomatoes, undrained and cut up
1 cup coarsely chopped carrot
1 cup sliced celery (2 stalks)
1 teaspoon salt
½ teaspoon dried thyme, crushed
¼ teaspoon ground black pepper
1 clove garlic, minced
1 bay leaf
¾ cup lentils, rinsed and drained

1 Trim fat from lamb; cut lamb into 1-inch pieces.

2 Spray a Dutch oven with nonstick spray. Preheat Dutch oven over medium heat. Add half of the lamb; cook until brown. Remove lamb from Dutch oven. Repeat with remaining lamb and onion. Return all lamb to Dutch oven.

3 Add the water, undrained tomatoes, carrot, celery, salt, thyme, pepper, garlic, and bay leaf. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes.

4 Add lentils. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes more or until lamb and lentils are tender. Remove bay leaf.

nutrition facts per serving: 197 cal., 4 g total fat, 44 mg chol., 527 mg sodium, 21 g carb., 21 g protein.

lowfat

lamb cassoulet

prep: 30 minutes **cook:** 1½ hours **stand:** 1 hour
makes: 6 servings

Classic French cassoulet is a garlic-flavored bean stew that features one or more meats, such as the lamb and chicken combo in this version. Browning the lamb seals in juices and helps develop a rich color.

2 cups dried navy beans
8 cups water
1 pound lean boneless lamb, cut into 1-inch cubes
1 tablespoon vegetable oil
1 cup chopped carrot (2 medium)
½ cup chopped green sweet pepper (1 medium)
½ cup chopped onion (1 medium)
1 tablespoon instant beef bouillon granules
1 tablespoon Worcestershire sauce
2 teaspoons snipped fresh thyme or 1 teaspoon dried thyme, crushed
3 cloves garlic, minced
2 bay leaves
4 cups water
8 ounces skinless, boneless chicken thighs, cut into 1-inch pieces
1 14.5-ounce can diced tomatoes, undrained
½ teaspoon salt
Ground black pepper

1 Rinse beans. In a large pot combine beans and the 8 cups water. Bring to boiling; reduce heat. Simmer, uncovered, for 2 minutes. Remove from heat. Cover and let stand for 1 hour. (Or, place beans in water in pot. Cover and let soak in a cool place for 6 to 8 hours or overnight.) Drain and rinse beans. Wipe pot dry.

2 In the same pot, cook lamb, half at a time, in hot oil until brown. Drain fat. Return all lamb to the pot. Add beans, carrot, sweet pepper, onion, bouillon granules, Worcestershire sauce, dried thyme (if using), garlic, and bay leaves to the pot. Add the 4 cups water. Bring to boiling; reduce heat. Simmer, covered, for 1 to 1½ hours or until beans are tender.

3 Stir in chicken, undrained tomatoes, salt, and fresh thyme (if using). Return to boiling; reduce heat. Simmer, uncovered, for 30 minutes more. Discard bay leaves. Skim fat if necessary. Season to taste with salt and black pepper.

nutrition facts per serving: 417 cal., 8 g total fat (2 g sat. fat), 79 mg chol., 899 mg sodium, 49 g carb., 18 g dietary fiber, 39 g protein.

lamb stew with pasta

prep: 25 minutes **cook:** 1 hour
makes: 4 servings

Overflowing with mushrooms, green beans, carrots, and zucchini, this Mediterranean-style stew makes a great dinner for a blustery night.

1 pound lamb or beef stew meat
1 medium onion, sliced and separated into rings
2 tablespoons vegetable oil
3½ cups water
¼ cup snipped dried tomatoes (not oil-packed)
1 teaspoon dried Italian seasoning, crushed
¼ teaspoon salt
¼ teaspoon ground black pepper
2 cups sliced fresh mushrooms
1 9-ounce package frozen cut green beans
1 cup thinly sliced carrot (2 medium)
¾ cup dried medium bow tie pasta
1 15-ounce can tomato sauce

1 In a large saucepan cook lamb and onion in hot oil until the meat is brown.

2 Stir in the water, dried tomatoes, Italian seasoning, salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, about 45 minutes (about 1¼ hours for beef, if using) or until the meat is nearly tender.

3 Stir mushrooms, frozen green beans, carrots, and pasta into meat mixture. Return to boiling; reduce heat. Simmer,

covered, for 15 minutes more or until meat, vegetables, and pasta are tender. Stir in tomato sauce; heat through.

nutrition facts per serving: 315 cal., 12 g total fat (2 g sat. fat), 71 mg chol., 806 mg sodium, 24 g carb., 5 g dietary fiber, 29 g protein.

lowfat

lamb and orzo soup with spinach

start to finish: 2 hours
makes: 6 servings

Braising the lamb shanks, relatively tough cuts of meat, transforms them into fork-tender morsels that add flavor and richness to the soup.

2½ pounds lamb shanks
4 cups water
4 cups chicken or vegetable broth
2 bay leaves
1 tablespoon snipped fresh oregano or 1 teaspoon dried oregano, crushed
1½ teaspoons snipped fresh marjoram or ½ teaspoon dried marjoram, crushed
½ teaspoon salt
¼ teaspoon ground black pepper
2 carrots, cut into julienne strips (1 cup)
1 cup sliced celery (2 stalks)
¾ cup dried orzo
3 cups torn spinach or ½ of a 10-ounce package frozen chopped spinach, thawed and well drained
Finely shredded Parmesan cheese (optional)

1 In a large Dutch oven combine lamb shanks, the water, broth, bay leaves, oregano, marjoram, salt, and pepper.

Bring to boiling; reduce heat. Simmer, covered, for 1¼ to 1½ hours or until meat is tender.

2 Remove meat from soup; set aside to cool. Strain broth through a large sieve or colander lined with two layers of 100-percent-cotton cheesecloth; discard herbs. Skim fat from broth; return broth to Dutch oven. When cool enough to handle, cut meat off bones; discard bones. Coarsely chop meat.

3 Stir chopped meat, carrots, celery, and orzo into soup. Return to boiling; reduce heat. Simmer, covered, about 15 minutes or until vegetables and orzo are tender. Stir in spinach. Cook for 1 to 2 minutes more or just until spinach wilts. If desired, serve with Parmesan cheese.

nutrition facts per serving: 226 cal., 5 g total fat (2 g sat. fat), 59 mg chol., 797 mg sodium, 20 g carb., 2 g dietary fiber, 25 g protein.

lowfat

spicy venison stew

prep: 30 minutes **cook:** 1½ hours
makes: 4 servings

What do you do with that venison the hunter in your family brought home? Cook it up in this meaty and satisfying stew.

1 pound boneless venison leg or shoulder or boneless beef chuck roast, trimmed and cut into 1-inch pieces
1 tablespoon vegetable oil
½ cup chopped onion (1 medium)
2 cloves garlic, minced
1 14.5-ounce can diced tomatoes, undrained
1 14-ounce can beef broth
1½ teaspoons dried oregano, crushed
¼ to ½ teaspoon crushed red pepper flakes
4 ounces Anaheim peppers, poblano peppers, banana peppers, and/or red sweet peppers, seeded and cut into 1-inch pieces (about 1 cup)*
2 cups cooked long-grain rice
Salt
Ground black pepper
2 tablespoons snipped fresh cilantro

1 In a 4-quart Dutch oven cook half of the meat in hot oil until brown. Remove meat from Dutch oven with a slotted spoon. Add remaining meat, onion, and garlic; cook until meat is brown and onion is tender, stirring occasionally. Drain off fat if necessary. Return all meat to Dutch oven.

2 Stir in undrained tomatoes, broth, oregano, and red pepper flakes. Bring to boiling; reduce heat. Simmer, covered, for 1 hour. Add chile peppers. Return to boiling; reduce heat. Simmer, covered, for 25 to 30 minutes more or until meat is tender.

3 Just before serving, stir in rice and heat through. Season to taste with salt and black pepper. Sprinkle each serving with some cilantro.

nutrition facts per serving: 342 cal., 6 g total fat (1 g sat. fat), 96 mg chol., 779 mg sodium, 38 g carb., 3 g dietary fiber, 31 g protein.

***note:** See tip on handling chile peppers.

5

pleasing poultry

Chicken is one of the easiest go-to ingredients for soups and stews. Its mild taste harmonizes beautifully with greens, grains, and veggies, and even some of the spiciest global seasonings. Here, you'll find everything from a feel-good chicken and pasta soup to a cassoulet with complex, robust flavor.

Coconut-Lime Chicken Soup
Chicken and Duck Hunter Stew
Fresh Corn and Chicken Chowder
Creamy Broccoli-Chicken Soup
Spicy Chipotle Chicken-Lentil Stew
Kale, Lentil, and Chicken Soup
Barley-Vegetable Chicken Soup
Cream-of-Chicken and Cheese Soup
Buffalo Chicken Soup
Chicken and Salsa Soup
French Chicken Stew
Chicken-Edamame Chowder
Chicken and Wild Rice Chowder
Choose-A-Vegetable Chicken and Pasta Soup
Chicken-Squash Noodle Soup
Chicken and Garbanzo Bean Soup
Coq Au Vin Stew
Fennel-Chicken-Potato Soup
Chicken and White Bean Stew
Spinach, Chicken, and Wild Rice Soup
In-A-Hurry Chicken Curry
Soy-Ginger Soup with Chicken
Chicken Chili Monterey
Chicken Cassoulet-Style Soup
Nacho Cheese Chicken Chowder

Five-Spice Chicken Noodle Soup
Cream of Chicken and Rice Florentine
Chicken Mulligatawny Soup
Turkey Sausage and Bean Soup
Caraway Chicken and Vegetable Stew
Creamy Turkey Soup
Turkey Frame Soup
Chicken and Turkey Sausage Soup
Turkey Tortellini Soup
Smoked Turkey Chuckwagon Soup
Turkey and Sweet Potato Chowder
Asian Turkey and Rice Soup
Alphabet Soup with Turkey Meatballs

coconut-lime chicken soup

start to finish: 25 minutes
makes: 4 servings

Using a deli-roasted chicken eases the preparation time for this rich and creamy Thai-seasoned soup. Find canned coconut milk at Asian markets and well-stocked supermarkets.

1 2 to 2½-pound deli-roasted chicken
1 15-ounce can unsweetened coconut milk
2 cups water
¼ cup lime juice (2 medium limes)
1½ cups thinly sliced carrot (3 medium)
1 tablespoon soy sauce
2 teaspoons Thai seasoning blend
¼ teaspoon salt
Thai seasoning blend (optional)
Fresh cilantro (optional)
Lime wedges (optional)

1 Remove and discard skin and bones from chicken. Shred chicken. In large saucepan combine shredded chicken, coconut milk, the water, lime juice, carrot, soy sauce, 2 teaspoons Thai seasoning, and salt. Bring to boiling; reduce heat. Simmer, covered, for 8 minutes or until carrot is crisp-tender.

2 If desired, sprinkle each with Thai seasoning and cilantro and pass lime wedges.

nutrition facts per serving: 487 cal., 38 g total fat (24 g sat. fat), 125 mg chol., 1437 mg sodium, 11 g carb., 1 g dietary

fiber, 29 g protein.

chicken and duck hunter stew

prep: 1 hour **cook:** 45 minutes
makes: 12 servings

Israeli couscous is the perfect pairing for this succulent stew. Compared to regular couscous, it has a slightly more toothy texture. Find it in most grocery stores and specialty food stores.

12 chicken drumsticks, skinless, if desired (about 3 pounds)
3 skinless, boneless duck breast halves, quartered*
¼ cup olive oil
3 cups assorted sliced fresh mushrooms
2 medium onions, sliced
3 cloves garlic, minced
6 medium tomatoes, seeded and chopped (about 3 cups)
3 medium green sweet peppers, cut into 1-inch pieces
1½ cups dry Marsala or beef broth
1 6-ounce can tomato paste
¾ cup pitted kalamata olives and/or green olives
2 tablespoons balsamic vinegar
1 teaspoon salt
¼ teaspoon ground black pepper
¼ cup snipped fresh oregano or marjoram
2 tablespoons snipped fresh rosemary
6 cups hot cooked Israeli couscous or couscous

1 In a 6-quart Dutch oven cook chicken and duck, half at a time, in hot oil about 15 minutes or until lightly browned, turning to brown evenly. Remove chicken and duck,

reserving drippings in the Dutch oven; set chicken aside. Cover and chill duck portions in the refrigerator.

2 Add mushrooms, onions, and garlic to drippings in pot; cook and stir about 5 minutes or until vegetables are just tender. Return chicken to Dutch oven.

3 Meanwhile, in a large bowl, combine tomatoes, sweet peppers, Marsala, tomato paste, olives, vinegar, salt, and black pepper. Pour over drumsticks in pot. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes. Add duck; return to boiling. Reduce heat and simmer 25 to 30 minutes more or until poultry is tender. Just before serving, stir in oregano and rosemary. Serve stew with couscous.

nutrition facts per serving: 393 cal., 14 g total fat (3 g sat. fat), 129 mg chol., 407 mg sodium, 28 g carb., 3 g dietary fiber, 33 g protein.

***note:** To make this stew with all chicken: Substitute 12 chicken thighs for the duck; add the thighs and drumsticks back into the pot all at once.

fresh corn and chicken chowder

start to finish: 30 minutes
makes: 4 servings

Make this soup at the height of sweet corn season—July and August—for the best and freshest flavor. If you don't want to add crushed red pepper, try a garnish of snipped fresh cilantro.

12 ounces skinless, boneless chicken breast halves or chicken thighs
4 ears fresh sweet corn
1 32-ounce container reduced-sodium chicken broth
½ cup chopped green sweet pepper, chopped (1 small)
1 cup milk
1¼ cups instant mashed potato flakes
Salt
Ground black pepper
Crushed red pepper flakes (optional)

1 In a 4-quart Dutch oven combine chicken, corn, and broth. Cover and bring to boiling over high heat; reduce heat. Simmer, covered, for 12 minutes or until chicken is no longer pink. Transfer chicken and corn to a cutting board.

2 Add half of the sweet pepper to broth in Dutch oven. Stir in milk and potato flakes. Shred chicken. Return chicken to Dutch oven. Using a kitchen towel to hold hot corn, cut kernels from cobs. Add corn kernels to Dutch oven; heat through. Season to taste with salt and black pepper.

Sprinkle each serving with remaining sweet pepper and red pepper flakes.

nutrition facts per serving: 269 cal., 3 g total fat (1 g sat. fat), 54 mg chol., 721 mg sodium, 33 g carb., 3 g dietary fiber, 29 g protein.

creamy broccoli-chicken soup

start to finish: 25 minutes
makes: 4 servings

This incredibly creamy soup is packed with vegetables, poultry, and just the right amount of seasoning.

1½ cups small broccoli florets
1 cup sliced fresh mushrooms
½ cup shredded carrot (1 medium)
¼ cup chopped onion
¼ cup butter
¼ cup all-purpose flour
1½ teaspoons snipped fresh basil or ½ teaspoon dried basil, crushed
¼ teaspoon ground black pepper
3 cups milk
1 cup half-and-half or light cream
1 tablespoon white wine Worcestershire sauce
2 teaspoons instant chicken bouillon granules
1½ cups chopped cooked chicken or turkey
Coarsely ground black pepper

1 In a large saucepan cook and stir broccoli, mushrooms, carrot, and onion in hot butter over medium heat for 6 to 8 minutes or until vegetables are tender.

2 Stir in flour, basil, and pepper. Add milk, half-and-half, Worcestershire sauce, and bouillon granules; cook and stir until thickened and bubbly. Stir in chicken; heat through. Sprinkle each serving with coarsely ground pepper.

nutrition facts per serving: 435 cal., 27 g total fat (15 g sat. fat), 116 mg chol., 764 mg sodium, 23 g carb., 2 g dietary fiber, 26 g protein.

slowcooker lowfat

spicy chipotle chicken-lentil stew

prep: 20 minutes **slow cook:** 10 hours (low) or 5 hours (high)
makes: 8 to 10 servings

The assertive flavor of the smoky chipotle chile in this hearty stew is tamed by the addition of earthy lentils. You can find chipotles in adobo sauce in the Mexican section of your grocery store.

2 cups sliced carrot (4 medium)
8 ounces skinless, boneless chicken breast halves, cut in 1-inch pieces
8 ounces skinless, boneless chicken thighs, cut in 1-inch pieces
1 cup brown lentils, rinsed
1 cup chopped onion (1 large)
1 tablespoon finely chopped canned chipotle peppers in adobo sauce*
1 tablespoon chili powder
2 teaspoons ground cumin
1½ teaspoons dried oregano, crushed
2 cloves garlic, minced
3 14.5-ounce cans reduced-sodium chicken broth
1 14.5-ounce can Italian-style stewed tomatoes, undrained and cut up
1 10-ounce can diced tomatoes and green chiles, undrained
½ cup shredded Monterey Jack cheese (2 ounces)
Avocado slices (optional)

Plain fat-free yogurt (optional)

1 In a 5- to 6-quart slow cooker layer carrot, chicken, lentils, onion, chipotle peppers, chili powder, cumin, oregano, and garlic. Add broth, stewed tomatoes, and tomatoes and green chiles.

2 Cover and cook on low-heat setting for 10 hours or on high-heat setting for 5 hours.

3 Top each serving with cheese and, if desired, avocado slices and yogurt.

nutrition facts per serving: 236 cal., 4 g total fat (2 g sat. fat), 46 mg chol., 737 mg sodium, 26 g carb., 10 g dietary fiber, 24 g protein.

***note:** See tip on handling chile peppers.

lowfat

kale, lentil, and chicken soup

prep: 25 minutes **cook:** 25 minutes
makes: 6 servings

Leafy green kale, red lentils, and tomato add nutrients as well as great taste to this home-style soup.

1 tablespoon olive oil
1 cup chopped onion (1 large)
1 cup coarsely chopped carrot (2 medium)
2 cloves garlic, minced
6 cups reduced-sodium chicken broth
1 tablespoon snipped fresh basil or 1 teaspoon dried basil, crushed
4 cups coarsely chopped kale (about 8 ounces)
½ teaspoon salt
⅛ teaspoon ground black pepper
1½ cups cubed cooked chicken
1 medium tomato, seeded and chopped
½ cup dried red lentils

1 In a large saucepan heat oil over medium-low heat. Add onion, carrot, and garlic; cook, covered, for 5 to 7 minutes or until vegetables are nearly tender, stirring occasionally.

2 Add broth and dried basil (if using). Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. Stir in kale, salt, and pepper. Return to boiling; reduce heat. Simmer, covered, for 10 minutes.

3 Stir in chicken, tomato, lentils, and fresh basil (if using). Simmer, covered, for 5 to 10 minutes more or until kale and lentils are tender.

nutrition facts per serving: 199 cal., 5 g total fat (1 g sat. fat), 31 mg chol., 871 mg sodium, 20 g carb., 7 g dietary fiber, 20 g protein.

barley-vegetable chicken soup

prep: 20 minutes **cook:** 35 minutes
makes: 8 servings

Regular barley replaces noodles in this whole-grain variation of traditional chicken noodle soup. Sage or rosemary enhances the flavor of the broth.

8 cups reduced-sodium chicken broth
½ cup regular barley
4 skinless, boneless chicken breast halves (1 to 1¼ pounds total), cut into ¾-inch cubes
1½ cups sliced celery (3 stalks)
1½ cups sliced carrot (3 medium)
½ cup chopped onion (1 medium)
¼ cup snipped fresh parsley or 2 tablespoons dried parsley flakes
1 tablespoon snipped fresh sage or rosemary or 1 teaspoon dried sage or rosemary, crushed
¼ teaspoon ground black pepper
1 cup chopped green, yellow, and/or red sweet pepper (1 medium)

1 In a 4-quart Dutch oven bring broth to boiling. Add barley. Return to boiling; reduce heat. Simmer, covered, for 30 minutes.

2 Add chicken, celery, carrot, onion, dried parsley (if using), sage, and black pepper. Return to boiling; reduce heat. Simmer, covered, for 10 minutes. Add sweet pepper. Simmer, covered, about 5 minutes more or until chicken is

no longer pink and vegetables are tender. Stir in fresh parsley (if using).

nutrition facts per serving: 137 cal., 1 g total fat (0 g sat. fat), 33 mg chol., 631 mg sodium, 14 g carb., 3 g dietary fiber, 18 g protein.

make-ahead directions: Prepare as directed. Let cool for 30 minutes. Transfer to airtight freezer containers. Seal, label, and freeze for up to 3 months. Thaw in the refrigerator overnight (soup may still be a little icy). Place soup in a saucepan; heat through over medium-low heat, stirring occasionally.

lowfat

cream-of-chicken and cheese soup

start to finish: 40 minutes
makes: 4 servings

Although this recipe includes a can of condensed soup, tender chicken and sharp American cheese give it a delightful homemade flavor.

2 cups water
1 small whole chicken breast (about 12 ounces)
⅓ cup chopped onion (1 small)
⅓ cup chopped carrot (1 small)
⅓ cup chopped celery (1 small stalk)
1 10.75-ounce can condensed cream of chicken soup
½ cup milk
2 ounces American cheese, cubed (about ½ cup)
Shredded American cheese (optional)

1 In a large saucepan bring the water to boiling. Add chicken breast. Return to boiling; reduce heat. Simmer, covered, for 20 to 25 minutes or until chicken is tender and no longer pink. Remove chicken; reserve cooking liquid.

2 Add onion, carrot, and celery to cooking liquid. Return to boiling; reduce heat. Simmer, uncovered, for 10 minutes.

3 When cool enough to handle, remove chicken from bones; discard bones. Chop chicken. Stir soup and milk into vegetable mixture until smooth. Add chicken and cubed

cheese; cook and stir until cheese is melted. If desired, garnish each serving with shredded cheese.

nutrition facts per serving: 209 cal., 11 g total fat (5 g sat. fat), 47 mg chol., 820 mg sodium, 11 g carb., 1 g dietary fiber, 16 g protein.

buffalo chicken soup

prep: 30 minutes **cook:** 15 minutes
makes: 6 servings

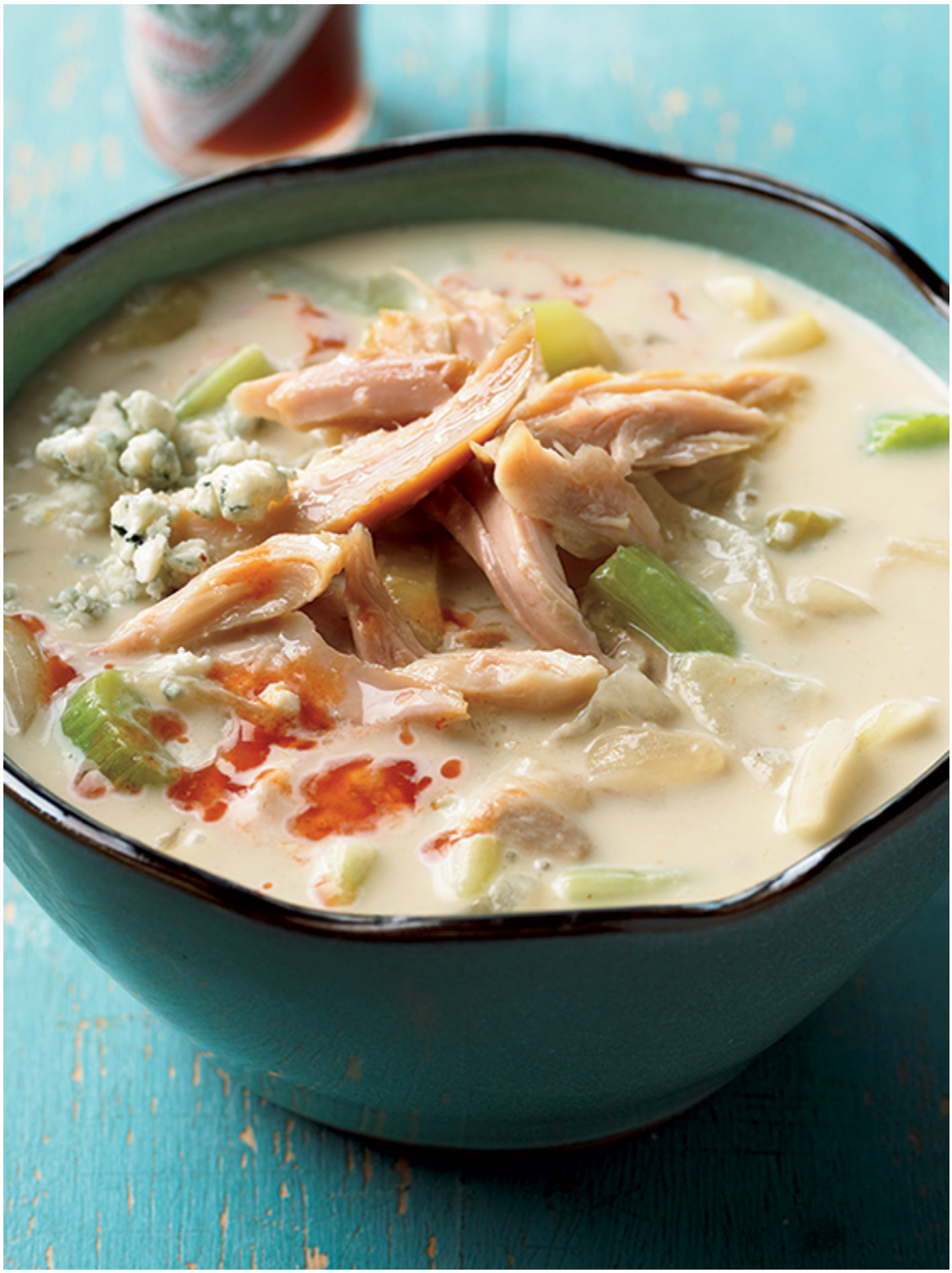
Blue cheese is the surprise flavor in this rich, cheesy chicken soup.

2 tablespoons butter
½ cup coarsely chopped celery (1 stalk)
½ cup chopped onion (1 medium)
2 14-ounce cans reduced-sodium chicken broth
1½ cups milk
1 teaspoon bottled hot pepper sauce
1½ cups shredded mozzarella cheese (6 ounces)
1¼ cups crumbled blue cheese (5 ounces)
½ cup shredded Parmesan cheese (2 ounces)
⅓ cup all-purpose flour
1 2¼- to 2½-pound deli-roasted chicken, skinned, boned, and coarsely shredded
Bottled hot pepper sauce (optional)

1 In a 4-quart Dutch oven melt butter over medium heat. Add celery and onion; cook and stir until onion is tender. Stir in broth, milk, and 1 teaspoon hot pepper sauce.

2 In a bowl toss together mozzarella, 1 cup of the blue cheese, Parmesan, and flour. Add gradually to soup, stirring after each addition just until melted. Stir in three-fourths of the shredded chicken; heat through. Top with remaining chicken, blue cheese, and, if desired, hot pepper sauce.

nutrition facts per serving: 490 cal., 28 g total fat (15 g sat. fat), 145 mg chol., 1134 mg sodium, 12 g carb., 1 g dietary fiber, 45 g protein.



lowfat

chicken and salsa soup

prep: 20 minutes **cook:** 13 minutes
makes: 4 servings

Chunky bottled salsa provides the heat in this Mexican-inspired soup. It also makes the soup easy enough to whip together for a quick lunch.

1¾ cups water
1 14.5-ounce can reduced-sodium chicken broth
8 ounces skinless, boneless chicken, cut into bite-size pieces
1 to 2 teaspoons chili powder
1 11-ounce can whole-kernel corn with sweet peppers, drained
1 cup chunky garden-style salsa
3 cups broken baked tortilla chips
½ cup shredded Monterey Jack cheese with jalapeño peppers (2 ounces)

1 In a 3-quart saucepan combine the water, broth, chicken, and chili powder. Bring to boiling; reduce heat. Simmer, covered, for 8 minutes. Add corn. Simmer, uncovered, about 5 minutes more. Stir in salsa; heat through.

2 Top each serving with tortilla chips and sprinkle with cheese.

nutrition facts per serving: 319 cal., 9 g total fat (3 g sat. fat), 42 mg chol., 989 mg sodium, 32 g carb., 3 g dietary fiber, 20 g protein.

slowcooker

french chicken stew

prep: 30 minutes **slow cook:** 6 to 7 hours (low) or 3 to 4 hours (high)
makes: 8 servings

Oftentimes, the most delicious soups result from seasoning with a new herb, such as herbes de Provence. This traditional French herb blend contains marjoram, thyme, savory, basil, rosemary, sage, and fennel.

4 cups sliced fresh button and/or shiitake mushrooms
1 14.5-ounce can diced tomatoes, undrained
1 cup sliced carrot (2 medium)
½ chopped onion (1 medium)
1 medium red potato, cut into 1-inch pieces
½ cup fresh green beans, cut into 1-inch pieces
½ cup pitted ripe olives, halved
1 cup reduced-sodium chicken broth
½ cup dry white wine or chicken broth
2 tablespoons quick-cooking tapioca
1 teaspoon herbes de Provence or dried Italian seasoning, crushed
¾ teaspoon dried thyme, crushed
¼ teaspoon ground black pepper
8 skinless, boneless chicken thighs (1¾ to 2 pounds total)
½ teaspoon seasoned salt
1 14-ounce jar tomato pasta sauce or one 16-ounce jar Alfredo pasta sauce
French bread (optional)

1 In a 5- to 6-quart slow cooker combine mushrooms, undrained tomatoes, carrot, onion, potato, green beans, olives, broth, wine, tapioca, herbes de Provence, thyme, and pepper. Place chicken on top; sprinkle with seasoned salt. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 4 hours.

2 Stir in pasta sauce. If desired, serve with French bread.

nutrition facts per serving: 219 cal., 5 g total fat (1 g sat. fat), 83 mg chol., 629 mg sodium, 17 g carb., 3 g dietary fiber, 23 g protein.

chicken-edamame chowder

prep: 30 minutes **slow cook:** 7 to 8 hours (low) or 3½ to 4 hours (high) + 20 minutes (high)
makes: 6 to 8 servings

Make chicken soup a weeknight favorite with this Asian-inspired twist. Serve it with veggie spring rolls.

1 pound skinless, boneless chicken breast halves, cut into 1-inch pieces
1 tablespoon vegetable oil
1 12-ounce package frozen sweet soybeans (edamame)
1 cup coarsely chopped green sweet pepper (1 large)
1 cup chopped onion (1 large)
2 jalapeño peppers, seeded and finely chopped*
2 teaspoons ground cumin
2 teaspoons ground coriander
½ teaspoon salt
¼ teaspoon ground black pepper
2 14.5-ounce cans chicken broth
1 8-ounce carton sour cream
3 tablespoons all-purpose flour
2 medium zucchini, halved lengthwise and thinly sliced
Shredded Monterey Jack cheese (optional)
Snipped fresh cilantro (optional)

1 In a large skillet cook chicken in hot oil over medium-high heat until lightly browned. In a 3½- or 4-quart slow cooker combine chicken, soybeans, sweet pepper, onion, chiles, cumin, coriander, salt, and black pepper. Pour broth over all. Stir to combine.

2 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.

3 If using low-heat setting, turn to high-heat setting. Combine sour cream and flour. Using a wire whisk, stir sour cream mixture and zucchini into chicken mixture. Cover and cook for 20 to 30 minutes more or until mixture is thickened and zucchini is crisp-tender. If desired, top each serving with cheese and cilantro.

nutrition facts per serving: 314 cal., 14 g total fat (5 g sat. fat), 61 mg chol., 806 mg sodium, 17 g carb., 8 g dietary fiber, 27 g protein.

***note:** See tip on handling chile peppers.

chicken and wild rice chowder

prep: 20 minutes **cook:** 25 minutes
makes: 4 servings

Tender chunks of chicken combine with wild rice, carrots, celery, and mushrooms in this creamy chowder. To save time, buy a roast chicken at your local deli to make it.

1 cup sliced carrot (2 medium)
1 cup sliced celery (2 stalks)
1 cup quartered fresh mushrooms
3 tablespoons butter
3 tablespoons all-purpose flour
2 14-ounce cans chicken broth
3 cups chopped cooked chicken breast
¾ cup cooked wild rice
¼ teaspoon ground black pepper
1½ cups half-and-half

In a saucepan cook carrot, celery, and mushrooms in melted butter over medium heat until tender. Stir in flour. Add broth, chicken, wild rice, and pepper; cook and stir until mixture is bubbly and slightly thickened. Stir in half-and-half and heat through.

nutrition facts per serving: 445 cal., 22 g total fat (13 g sat. fat), 140 mg chol., 1019 mg sodium, 21 g carb., 2 g dietary fiber, 40 g protein.

lowfat

choose-a-vegetable chicken and pasta soup

start to finish: 40 minutes
makes: 6 servings

Let the kids choose which vegetables to add; the more variety, the more colorful the brothy mix will be. It's the perfect weeknight soup.

2 14-ounce cans reduced-sodium chicken broth
2 cups water
¼ teaspoon ground black pepper
1 cup dried whole wheat rotini or twisted spaghetti or broken fusilli
3 cups vegetable pieces (such as thinly sliced carrots, small broccoli florets, chopped green or red sweet pepper, and/or fresh or frozen whole-kernel corn)
1½ cups cubed cooked chicken (about 8 ounces)
1 tablespoon snipped fresh basil or 1 teaspoon dried basil, crushed
¼ cup finely shredded Parmesan cheese (1 ounce)

In a Dutch oven combine broth, the water, and black pepper; bring to boiling. Stir in pasta. Return to boiling; reduce heat. Simmer, covered, for 5 minutes. Stir in vegetables. Return to boiling; reduce heat. Simmer, covered, for 5 to 8 minutes more or until vegetables and pasta are tender. Stir in chicken and basil; heat through. Top each serving with cheese.

nutrition facts per serving: 170 cal., 4 g total fat (2 g sat. fat), 35 mg chol., 437 mg sodium, 17 g carb., 2 g dietary fiber, 16 g protein.

sodium sense

Consider using reduced-sodium products whenever possible. Look for reduced-sodium or no-salt-added canned tomatoes, beans, or broth. Or you can substitute fresh or frozen vegetables or cooked dried beans. Stir in extra-fresh snipped herbs at the end of cooking time to boost flavor in low-sodium recipes.

chicken-squash noodle soup

start to finish: 40 minutes
makes: 6 servings

Ceramic mugs make great serving bowls for this colorful all-time favorite take on chicken and noodle soup.

1 pound skinless, boneless chicken breast halves, cut into 1-inch pieces
½ teaspoon poultry seasoning
1 tablespoon canola oil
½ cup chopped onion (1 medium)
½ cup chopped celery (1 stalk)
½ cup chopped carrot (1 medium)
2 cloves garlic, minced
3 14-ounce cans reduced-sodium chicken broth
1½ cups dried medium noodles
1 medium zucchini or yellow summer squash, quartered lengthwise and cut into 1-inch-thick pieces
1¾ cups fat-free milk
¼ cup all-purpose flour
¼ cup snipped fresh parsley

1 In a large bowl combine chicken pieces and poultry seasoning; toss to coat. In a 4-quart Dutch oven heat oil over medium heat. Add chicken pieces; cook for 3 to 5 minutes or until chicken pieces are brown. Using a slotted spoon, transfer chicken to a bowl; set aside.

2 In the same Dutch oven cook onion, celery, carrot, and garlic over medium heat about 5 minutes or just until tender, stirring occasionally. Add broth; bring to boiling. Add

chicken, noodles, and zucchini. Return to boiling; reduce heat. Simmer, covered, for 5 minutes.

3 In a medium bowl whisk milk and flour together until combined. Stir flour mixture into Dutch oven; cook and stir until bubbly. Cook and stir for 1 minute more. Sprinkle with parsley just before serving.

nutrition facts per serving: 215 cal., 4 g total fat (1 g sat. fat), 53 mg chol., 560 mg sodium, 20 g carb., 2 g dietary fiber, 25 g protein.

slowcooker lowfat

chicken and garbanzo bean soup

prep: 30 minutes **slow cook:** 6 to 7 hours (low) or 3 to 3½ hours (high)
makes: 6 servings

With a light, licorice flavor and celery-like texture, fennel melds with the marjoram and thyme in this hearty soup. Look for firm, smooth bulbs without cracks and brown spots. Stalks should be crisp and leaves a fresh bright green.

2½ cups sliced carrot
1 15-ounce can garbanzo beans (chickpeas), rinsed and drained
1 medium fennel bulb, trimmed and cut into ¼-inch slices, or 1½ cups sliced celery
1 cup chopped onion (1 large)
1 pound skinless, boneless chicken breast halves or thighs
1 tablespoon snipped fresh marjoram or 1 teaspoon dried marjoram, crushed
1 tablespoon snipped fresh thyme or 1 teaspoon dried thyme, crushed
¼ teaspoon ground black pepper
1 14-ounce can reduced-sodium chicken broth
2 cups water
1 cup shredded fresh spinach or escarole

1 In a 5- to 6-quart slow cooker combine carrot, beans, fennel, and onion. Top with chicken pieces. Sprinkle with dried marjoram (if using), dried thyme (if using), and pepper. Pour broth and the water over all.

2 Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours. Remove the chicken with a slotted spoon; cool slightly. Shred chicken into bite-size pieces. Return chicken to cooker. Stir in the spinach, fresh marjoram (if using), and fresh thyme (if using). Let stand for 5 minutes before serving.

nutrition facts per serving: 216 cal., 2 g total fat (0 g sat. fat), 44 mg chol., 481 mg sodium, 27 g carb., 6 g dietary fiber, 23 g protein.

slowcooker lowfat

coq au vin stew

prep: 20 minutes **slow cook:** 5 to 6 hours (low) or 2½ to 3 hours (high)
makes: 4 servings

Never mind traditional pairings. Beefy onion soup mix and red wine combine with chicken for a succulent stew that's luscious on a cold night. Crusty bread makes an excellent accompaniment.

Nonstick cooking spray
3 pounds skinless chicken thighs
1 envelope beefy onion soup mix (½ of a 2.2-ounce package)
1½ cups loose-pack frozen small whole onions
2 cups fresh button or wild mushrooms, quartered
½ cup dry red wine
Hot cooked mashed potatoes (optional)
Snipped fresh basil or parsley (optional)

1 Lightly coat a large skillet with nonstick cooking spray; preheat over medium heat. Cook chicken thighs, several at a time, in the hot skillet until brown; drain fat. Place chicken thighs in a 3½- or 4-quart slow cooker.

2 Sprinkle chicken with dry soup mix. Add onions and mushrooms. Pour wine over all.

3 Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours. Using a slotted spoon, remove chicken from slow cooker. Use a fork to remove

chicken from bones; discard bones. Shred chicken into bite-size pieces. Return chicken to cooker. If desired, serve with hot mashed potatoes and sprinkle with basil.

nutrition facts per serving: 305 cal., 8 g total fat (2 g sat. fat), 161 mg chol., 759 mg sodium, 12 g carb., 2 g dietary fiber, 41 g protein.

fennel-chicken-potato soup

prep: 25 minutes **cook:** 25 minutes
makes: 8 servings

The creamy texture and delightful tang in this soup come from buttermilk. Cultured buttermilk is made by adding a bacterial culture to low-fat milk and can be found in the dairy section of supermarkets.

2 medium fennel bulbs (about 2 pounds)
6 medium potatoes, peeled and cubed (about 2 pounds)
4 cups reduced-sodium chicken broth
⅓ cup butter or margarine
½ cup all-purpose flour
½ teaspoon caraway seeds
½ teaspoon ground black pepper
2 cups cultured buttermilk or milk
2½ cups chopped cooked chicken
Rye croutons (optional)

1 Wash fennel; snip ¼ cup of the leafy tops. Set aside. If desired for garnish, set aside additional leafy tops. Cut off and discard upper stalks of fennel. Remove any wilted outer layers; cut off and discard a thin slice from fennel base. Halve, core, and chop fennel. (You should have about 4 cups.)

2 Combine fennel, potatoes, and broth in a 4-quart Dutch oven. Bring to boiling; reduce heat. Simmer, covered, for 15 to 20 minutes or until potatoes are tender. Drain, reserving broth. Set aside in a medium bowl; mash with a potato masher.

3 Meanwhile, in the same pot, melt butter over medium heat. Stir in flour, caraway seeds, and pepper. Add buttermilk; cook and stir until slightly thickened and bubbly. Cook 1 minute more. Stir in mashed potato and fennel mixture, chicken, snipped fennel tops, and broth; cook and stir until heated through. If necessary, stir in additional broth to achieve desired consistency. If desired, top each serving with rye croutons and additional leafy fennel tops.

nutrition facts per serving: 331 cal., 12 g total fat (6 g sat. fat), 63 mg chol., 556 mg sodium, 35 g carb., 32 g dietary fiber, 21 g protein.

slowcooker

chicken and white bean stew

prep: 35 minutes **slow cook:** 4 to 5 hours (low) or 2 to 2½ hours (high)
makes: 8 servings

This slow-cooked stew recipe is similar to a Southwestern white chili. The refrigerated Alfredo sauce gives it a creamy texture.

2 pounds skinless, boneless chicken thighs
2 teaspoons ground cumin
⅛ teaspoon ground black pepper
1 tablespoon olive oil
2 10-ounce packages refrigerated light Alfredo sauce
1 15-ounce can Great Northern or cannellini (white kidney) beans, rinsed and drained
1 cup reduced-sodium chicken broth
½ cup chopped red onion (1 medium)
1 4-ounce can diced green chile peppers
4 cloves garlic, minced
¼ cup shredded sharp cheddar cheese or Monterey Jack cheese (1 ounce) (optional)
Fresh parsley leaves (optional)

1 Cut chicken into 1-inch pieces. Sprinkle chicken with cumin and pepper. In a large skillet, cook chicken, half at a time, in hot oil over medium heat until brown. Place chicken in a 3½- or 4-quart slow cooker. Stir in Alfredo sauce, beans, broth, onion, chile peppers, and garlic.

2 Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2½ hours. If desired, sprinkle each

serving with cheese and parsley.

nutrition facts per serving: 360 cal., 16 g total fat (8 g sat. fat), 122 mg chol., 918 mg sodium, 20 g carb., 3 g dietary fiber, 31 g protein.

slowcooker

spinach, chicken, and wild rice soup

prep: 20 minutes **slow cook:** 7 to 8 hours (low) or 3½ to 4 hours (high)
makes: 6 servings

Round out the meal with hot-from-the-oven biscuits and a crisp green salad topped with citrus slices and your favorite vinaigrette.

3 cups water
1 14-ounce can reduced-sodium chicken broth
1 10.75-ounce can reduced-fat and low-sodium condensed cream of chicken soup
⅔ cup wild rice, rinsed and drained
½ teaspoon dried thyme, crushed
¼ teaspoon ground black pepper
3 cups chopped cooked chicken or turkey (about 1 pound)
2 cups shredded fresh spinach

1 In a 3½- or 4-quart slow cooker combine the water, broth, cream of chicken soup, wild rice, thyme, and pepper.

2 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.

3 Stir in chicken and spinach and heat through.

nutrition facts per serving: 216 cal., 4 g total fat “(1 g sat. fat), 64 mg chol., 397 mg sodium, 19 g carb., 2 g dietary fiber, 26 g protein.

slowcooker lowfat

in-a-hurry chicken curry

prep: 15 minutes **slow cook:** 6 to 7 hours (low) or 3 to 3½ hours (high)
makes: 6 servings

Frozen stew vegetables eliminate peeling and cutting, leaving just 15 minutes prep time before the slow cooker takes over. Top each serving with a sprinkle of toasted slivered almonds and chopped fresh cilantro.

1 16-ounce package frozen stew vegetables
4 large skinless chicken thighs (1½ to 1¾ pounds)
Salt
Ground black pepper
1 10.75-ounce can condensed cream of potato soup
2 teaspoons curry powder
1 tablespoon snipped fresh cilantro

1 Place frozen stew vegetables in a 3½- or 4-quart slow cooker. Top with chicken. Sprinkle with salt and pepper. In a small bowl stir together soup and curry powder. Pour soup mixture over chicken and vegetables in cooker.

2 Cover and cook on low-heat settting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours. Remove chicken from bones and, if desired, break into large pieces. Sprinkle with cilantro.

nutrition facts per serving: 200 cal., 5 g total fat (2 g sat. fat), 97 mg chol., 734 mg sodium, 13 g carb., 1 g dietary fiber, 24 g protein.

slowcooker lowfat

soy-ginger soup with chicken

prep: 20 minutes **slow cook:** 2 to 3 hours (high) + 3 minutes (high)
makes: 6 servings

Toss the ingredients into the slow cooker for a no-fuss meal that looks as vibrant as it tastes. If you're watching sodium, try using low-sodium chicken broth and soy sauce.

1 pound skinless, boneless chicken thighs, cut into 1-inch pieces
1 cup coarsely shredded carrot (2 medium)
2 tablespoons dry sherry (optional)
1 tablespoon soy sauce
1 tablespoon rice vinegar
1 teaspoon grated fresh ginger or ½ teaspoon ground ginger
¼ teaspoon ground black pepper
3 14-ounce cans reduced-sodium chicken broth
1 cup water
2 ounces dried somen noodles
1 6-ounce package frozen snow peapods, thawed
Soy sauce

1 In a 3½- or 4-quart slow cooker combine chicken, carrot, sherry, if desired, 1 tablespoon soy sauce, vinegar, ginger, and pepper. Stir in chicken broth and the water.

2 Cover and cook on high-heat setting for 2 to 3 hours. Stir in noodles and peapods. Cover and cook for 3 minutes more.

3 Serve with additional soy sauce.

nutrition facts per serving: 174 cal., 3 g total fat (1 g sat. fat), 44 mg chol., 1050 mg sodium, 13 g carb., 1 g dietary fiber, 21 g protein.

lowfat

chicken chili monterey

prep: 25 minutes **cook:** 35 minutes
makes: 6 servings

“Nourishing” and “delicious” are the best words to describe this hearty chicken soup. To reap all the rewards of this Indian-inspired dish, sop up the rich, curried broth with chunks of warm bread.

1 tablespoon vegetable oil
1 cup chopped onion (1 large)
1 cup coarsely chopped carrot (2 medium)
1 cup sliced celery (2 stalks)
1⅓ cups chopped tart apples
2 to 3 teaspoons curry powder
¼ teaspoon salt
3 cups reduced-sodium chicken broth
3 cups water
1 14.5-ounce can low-sodium stewed tomatoes, undrained
2 cups chopped cooked chicken or turkey

In a Dutch oven heat oil over medium heat. Add onion, carrot, and celery; cook and stir about 10 minutes or until crisp-tender. Reduce heat to medium-low; add apples, curry powder, and salt. Cook, covered, for 5 minutes. Stir in broth, the water, and undrained tomatoes. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. Stir in chicken. Simmer, covered, for 10 minutes more.

nutrition facts per serving: 197 cal., 7 g total fat (1 g sat. fat), 45 mg chol., 517 mg sodium, 17 g carb., 4 g dietary fiber, 17 g protein.

slowcooker lowfat

chicken cassoulet-style soup

prep: 25 minutes **slow cook:** 5 to 7 hours (low) or 2½ to 3½ hours (high)
makes: 6 servings

This cassoulet features white beans and meats slow-cooked so all the flavors meld together. Pasta sauce made with red wine and herbs adds a hearty depth to this one.

1 pound skinless, boneless chicken thighs, cut into ½-inch pieces
8 ounces smoked turkey sausage, cut into ½-inch slices
1 26-ounce jar pasta sauce with red wine and herbs
1 15- to 19-ounce can cannellini (white kidney) beans, rinsed and drained
1⅓ cups water
1 teaspoon dried oregano, crushed

1 In a 3½- or 4-quart slow cooker combine chicken, sausage, pasta sauce, beans, the water, and oregano.

2 Cover and cook on low-heat setting for 5 to 7 hours or on high-heat setting for 2½ to 3½ hours.

nutrition facts per serving: 286 cal., 7 g total fat (2 g sat. fat), 88 mg chol., 1178 mg sodium, 33 g carb., 9 g dietary fiber, 30 g protein.

slowcooker lowfat

nacho cheese chicken chowder

prep: 10 minutes **slow cook:** 4 to 5 hours (low) or 2 to 2½ hours (high)
makes: 6 servings

This thick chowder is a good way to lure picky eaters away from mac and cheese, especially if you have breadsticks to dip into it.

1 pound skinless, boneless chicken breast halves, cut into ½-inch pieces
2 14.5-ounce cans Mexican-style stewed tomatoes, undrained
1 10.75-ounce can condensed nacho cheese soup
1 10-ounce package frozen whole-kernel corn (2 cups)
Shredded Mexican-style or cheddar cheese

1 In a 3½- or 4-quart slow cooker stir together chicken, undrained tomatoes, soup, and corn.

2 Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2½ hours. Sprinkle each serving with cheese.

nutrition facts per serving: 244 cal., 6 g total fat (3 g sat. fat), 55 mg chol., 647 mg sodium, 24 g carb., 2 g dietary fiber, 23 g protein.

lowfat

five-spice chicken noodle soup

start to finish: 20 minutes
makes: 4 servings

This aromatic soup features a medley of Asian flavors, including five-spice powder, which is available at larger supermarkets and in Asian markets.

2 cups water
1 14-ounce can reduced-sodium chicken broth
2 green onions, thinly bias-sliced
2 teaspoons reduced-sodium soy sauce
2 cloves garlic, minced
¼ teaspoon five-spice powder
⅛ teaspoon ground ginger
2 cups chopped bok choy
1 medium red sweet pepper, thinly sliced into strips
2 ounces dried somen noodles, broken into 2-inch lengths, or 2 ounces dried fine noodles
1½ cups chopped cooked chicken

In a large saucepan combine the water, broth, green onions, soy sauce, garlic, five-spice powder, and ginger. Bring to boiling. Stir in bok choy, sweet pepper, and noodles. Return to boiling; reduce heat. Boil gently, uncovered, for 3 to 5 minutes or until noodles are just tender. Stir in the cooked chicken; heat through.

nutrition facts per serving: 181 cal., 4 g total fat (1 g sat. fat), 51 mg chol., 556 mg sodium, 14 g carb., 1 g dietary fiber, 20 g protein.

lowfat

cream of chicken and rice florentine

prep: 25 minutes **cook:** 40 minutes
makes: 6 servings

This rich, lemony chicken and rice soup features a colorful array of vegetables, making it extra flavorful. Serve with crusty rolls.

2 tablespoons olive oil
1 pound skinless, boneless chicken breast halves
1½ cups finely chopped onion (3 medium)
1 8-ounce package fresh mushrooms, sliced
½ cup shredded carrot (1 medium)
1 tablespoon bottled minced garlic
⅓ cup long-grain rice
1 14-ounce can reduced-sodium chicken broth
1 cup water
¼ teaspoon ground nutmeg
½ teaspoon ground black pepper
2 12-ounce cans evaporated fat-free milk
2 tablespoons all-purpose flour
4 cups packed fresh spinach
2 teaspoons finely shredded lemon zest
2 tablespoons lemon juice

1 In a Dutch oven heat oil over medium-high heat; reduce heat to medium. Add chicken; cook for 12 to 15 minutes or until no longer pink (170°F), turning once halfway through

cooking. Transfer chicken to a plate to cool. When cool enough to handle, coarsely shred chicken.

2 Meanwhile, add onion, mushrooms, carrot, and garlic to the Dutch oven; cook for 5 minutes, stirring occasionally. Stir in rice; cook for 1 minute more. Add broth, the water, nutmeg, and ½ teaspoon pepper. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes.

3 In a small bowl stir together 1 can of the evaporated milk and flour; stir into mixture in Dutch oven. Stir in the remaining can of evaporated milk; cook and stir until bubbly.

4 Stir in spinach and the shredded chicken. Simmer, uncovered, for 5 minutes. Stir in lemon zest and lemon juice. If desired, sprinkle with black pepper.

nutrition facts per serving: 300 cal., 6 g total fat (1 g sat. fat), 48 mg chol., 365 mg sodium, 31 g carb., 2 g dietary fiber, 30 g protein.

slowcooker lowfat

chicken mulligatawny soup

prep: 45 minutes **slow cook:** 4 hours (low) + 1 hour (low)
makes: 8 servings

The classic version of this curry-flavored chicken and rice soup hails from India.

1 cup finely chopped celery (2 stalks)
1 cup finely chopped carrot (2 medium)
⅔ cup peeled and finely chopped Granny Smith apple (1 medium)
½ cup chopped onion (1 medium)
2 cloves garlic, minced
1½ teaspoons curry powder
1 teaspoon ground cardamom
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon ground ginger
1 teaspoon ground turmeric
⅛ to ¼ teaspoon cayenne pepper
6 cups reduced-sodium chicken broth
2 cups water
1 pound skinless, boneless chicken breast halves, cut into bite-size pieces
2 tablespoons all-purpose flour
1½ teaspoons curry powder
1 tablespoon olive oil
½ cup basmati rice
1 cup unsweetened light coconut milk

1 In a 4- to 5-quart slow cooker place celery, carrots, apple, onion, and garlic. Stir in 1½ teaspoons curry powder, cardamom, coriander, cumin, ginger, turmeric, and cayenne pepper. Pour broth and the water over all.

2 Cover and cook on low-heat setting for 4 hours.

3 In a resealable plastic bag place chicken, flour, and 1½ teaspoons curry powder; shake to coat chicken. Chill in refrigerator until needed.

4 In a large skillet brown coated chicken in hot oil over medium heat, stirring often. Add three or four ladles of the cooking liquid from slow cooker to skillet; stir until thickened and gravylike, scraping bottom of skillet to incorporate flour and spices. Stir chicken mixture and rice into the slow cooker. Cover and cook 1 hour more on low-heat setting. Stir in coconut milk before serving.

nutrition facts per serving: 166 cal., 4 g total fat (1 g sat. fat), 21 mg chol., 473 mg sodium, 20 g carb., 2 g dietary fiber, 13 g protein.

slowcooker

turkey sausage and bean soup

prep: 20 minutes **slow cook:** 10 hours (low) or 5 hours (high)
makes: 10 to 12 servings

Turkey sausage is well seasoned but low in fat, so there's no fat to skim from the soup before serving it. Slightly mashing the beans helps thicken the consistency.

1 pound dried beans (cranberry, kidney, Great Northern, and/or pinto beans)
8 cups water
4 cups water
2 14-ounce cans reduced-sodium chicken broth
3 medium red-skinned potatoes, cubed
4 cloves garlic, minced
1 tablespoon chili powder
1 1-pound link smoked turkey sausage, halved and sliced ½ inch thick
2 cups frozen cut green beans

1 Rinse beans; drain. In a large pot combine beans and the 8 cups water. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Cover and let stand for 1 hour. Or cool; transfer to an extra-large bowl. Cover and chill for up to 24 hours. Drain and rinse beans.

2 In a 6- to 7-quart slow cooker combine beans, the 4 cups water, broth, potatoes, garlic, and chili powder. Cover and cook on low-heat setting for 10 hours or on high-heat setting

for 5 hours. Mash beans slightly with a potato masher or the back of a wooden spoon.

3 If using low-heat setting, turn slow cooker to high-heat setting. Add sausage and green beans. Cover and cook for 1 hour more.

nutrition facts per serving: 268 cal., 5 g total fat (1 g sat. fat), 30 mg chol., 604 mg sodium, 38 g carb., 13 g dietary fiber, 20 g protein.

lowfat

caraway chicken and vegetable stew

prep: 45 minutes **cook:** 40 to 50 minutes
makes: 6 servings

Caraway seed, a sometimes overlooked spice, adds fresh new flavor to this chicken stew.

3 pounds skinless chicken thighs and/or skinless breasts
3¾ cups water
2 teaspoons instant chicken bouillon granules
1 teaspoon salt
1 teaspoon caraway seeds, crushed
¼ teaspoon ground black pepper
8 ounces fresh green beans, trimmed and cut into 2-inch pieces
2 medium carrots, cut into ¾-inch chunks
2 stalks celery, bias-cut into ½-inch-thick slices
2 cups sliced fresh shiitake, crimini, oyster, and/or button mushrooms
1 cup pearl onions, peeled
¼ cup cold water
¼ cup all-purpose flour

1 In a 4-quart Dutch oven combine chicken, the 3¾ cups water, bouillon granules, salt, caraway seeds, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 40 minutes. Stir in green beans, carrots, celery, mushrooms, and pearl onions. Return to boiling; reduce heat. Simmer, covered, for about 10 minutes or until chicken is tender.

2 Remove chicken pieces from the stew; set aside to cool slightly. When cool enough to handle, remove meat from bones; discard bones. Cut up the meat; add to vegetable mixture in Dutch oven.

3 In a small bowl combine the ¼ cup cold water and flour; whisk until smooth. Add to stew; cook and stir until thickened and bubbly. Cook and stir for 1 minute more.

nutrition facts per serving: 229 cal., 5 g total fat (1 g sat. fat), 107 mg chol., 783 mg sodium, 18 g carb., 4 g dietary fiber, 28 g protein.

slowcooker lowfat

creamy turkey soup

prep: 30 minutes **slow cook:** 9 to 10 hours (low) or 4 ½ to 5 hours (high) + 45 minutes (high)
makes: 8 servings

A play on traditional chicken soup, this soup is a comforting and creamy low-fat soup. Topping with toasted nuts and dried cranberries makes for a flavorful finish.

8 ounces red-skinned potatoes, cut in 1-inch pieces
8 ounces fresh cremini mushrooms, sliced
1 cup coarsely chopped onion (1 large)
1 cup sliced celery (2 stalks)
2 turkey breast tenderloins (about 1½ pounds total)
3 14.5-ounce cans reduced-sodium chicken broth
1½ teaspoons dried thyme, crushed
½ teaspoon ground black pepper
1 12-ounce can evaporated fat-free milk
3 tablespoons cornstarch
½ cup sliced green onions (4)
2 tablespoons lemon juice
Toasted sliced almonds or chopped pecans* and/or dried cranberries (optional)

1 In a 6-quart slow cooker combine potatoes, mushrooms, onion, and celery. Top with turkey. Add broth, thyme, and pepper.

2 Cover and cook on low-heat setting for 9 to 10 hours or on high-heat setting for 4½ to 5 hours.

3 Transfer turkey to a cutting board; shred turkey. Return to cooker. In a small bowl stir together evaporated milk and cornstarch; stir into mixture in cooker. If using low-heat setting, turn cooker to high-heat setting.

4 Cover and cook for 45 to 60 minutes more or until bubbly at edges. Stir in green onions and lemon juice.

5 If desired, top each serving with nuts and/or cranberries.

nutrition facts per serving: 188 cal., 1 g total fat (0 g sat. fat), 39 mg chol., 487 mg sodium, 18 g carb., 2 g dietary fiber, 26 g protein.

***note:** To toast nuts, preheat oven to 350°F. Spread nuts in a single layer in a shallow baking pan. Bake for 5 to 10 minutes or until light brown, watching carefully and stirring once or twice.

lowfat

turkey frame soup

prep: 30 minutes **cook:** 1¾ hours
makes: 6 servings

What do you do with leftover turkey? This recipe for turkey soup makes a cozy meal. Toss in the odds and ends of fresh vegetables that you didn't use for your holiday dinner.

1 meaty turkey frame
4 cups water
4 cups reduced-sodium chicken broth
1 large onion, quartered
1 clove garlic, crushed
½ teaspoon salt
¼ cup dried tomatoes (not oil-packed), cut into thin strips
1½ teaspoons dried Italian seasoning, crushed
¼ teaspoon ground black pepper
3 cups sliced or cubed vegetables (such as carrot, parsnip, and/or turnip)
1½ cups dried high-fiber or whole wheat rotini or penne pasta
1 15-ounce can Great Northern or cannellini (white kidney) beans, rinsed and drained

1 Break turkey frame or cut in half with kitchen shears. Place in a large pot. Add the water, broth, onion, garlic, and salt. Bring to boiling; reduce heat. Simmer, covered, for 1½ hours.

2 Remove turkey frame from pot. When cool enough to handle, remove meat from bones; discard bones. Coarsely chop meat. Measure enough turkey to equal 2 cups; set aside. Strain broth; skim off fat.

3 Return broth to pot. Stir in tomatoes, Italian seasoning, and pepper. Stir in vegetables. Return to boiling; reduce heat. Simmer, covered, for 5 minutes. Add pasta. Simmer, uncovered, for 8 to 10 minutes or until pasta is tender and still firm and vegetables are tender. Stir in turkey and beans; heat through.

nutrition facts per serving: 192 cal., 2 g total fat (1 g sat. fat), 27 mg chol., 610 mg sodium, 27 g carb., 5 g dietary fiber, 19 g protein.

slowcooker

chicken and turkey sausage soup

prep: 30 minutes **slow cook:** 8 to 9 hours (low) or 4 to 4½ hours (high)
makes: 6 to 8 servings

This recipe starts with sweet peppers, onion, and celery, a trio known as the "holy trinity" of Cajun and Creole cooking. That means you can expect a lively dish!

1½ cups chopped red and/or green sweet pepper (2 medium)
1 cup chopped onion (1 large)
1 cup chopped celery (2 stalks)
8 skinless, boneless chicken thighs, cut into bite-size pieces
1 tablespoon vegetable oil (optional)
1 pound smoked turkey sausage, cut lengthwise and sliced into ½-inch pieces
4 cloves garlic, minced
1 teaspoon dried thyme, crushed
1 teaspoon dried oregano, crushed
½ teaspoon salt
¼ to ½ teaspoon cayenne pepper
4 cups chicken broth

1 Place sweet pepper, onion, and celery in a 4- to 5-quart slow cooker. If desired, in a large skillet brown chicken, half at a time, in hot oil over medium heat. Place chicken and

sausage on top of vegetables in cooker. Add garlic, thyme, oregano, salt, and cayenne pepper. Pour broth over all.

2 Cover and cook on low-heat setting for 8 to 9 hours or high-heat setting for 4 to 4½ hours.

3 Skim fat from soup before serving.

nutrition facts per serving: 273 cal., 12 g total fat (3 g sat. fat), 127 mg chol., 1629 mg sodium, 9 g carb., 1 g dietary fiber, 32 g protein.

slowcooker lowfat

turkey tortellini soup

prep: 25 minutes **slow cook:** 6 to 8 hours (low) or 3 to 4 hours (high) + 30 minutes (high)
makes: 6 servings

While the plump cheesy tortellini cooks gently in the well-seasoned broth you'll have plenty of time to toss a green salad, which pairs nicely with this soup.

4 cups reduced-sodium chicken broth
4 cups water
4 cups coarsely chopped roasted turkey breast (1 pound)
1 14.5-ounce can no-salt-added diced tomatoes, undrained
1 tablespoon dried Italian seasoning, crushed
1 9-ounce package refrigerated cheese tortellini
2 cups fresh baby spinach
6 tablespoons shredded Parmesan cheese (optional)

1 In a 5- to 6-quart slow cooker combine broth, the water, turkey, undrained tomatoes, and Italian seasoning.

2 Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours. If using low-heat setting, turn to high-heat setting. Stir in tortellini. Cover and cook for 30 minutes more or until tortellini is tender. Stir in spinach. If desired, sprinkle each serving with 1 tablespoon cheese.

nutrition facts per serving: 240 cal., 3 g total fat (2 g sat. fat), 63 mg chol., 656 mg sodium, 25 g carb., 3 g dietary fiber, 28 g protein.

lowfat

smoked turkey chuckwagon soup

start to finish: 20 minutes
makes: 4 servings

Although this recipe calls for white hominy, you could certainly use yellow or golden hominy as well. The color of the hominy simply reflects the color of the corn from which it was made.

2 14-ounce cans reduced-sodium chicken broth
1 15-ounce can white hominy, drained
1 11-ounce can condensed tomato rice soup
2 cups chopped smoked turkey (about 10 ounces)
½ cup chopped yellow sweet pepper (1 small)
⅓ cup bottled salsa
1 teaspoon ground cumin
1½ cups crushed tortilla chips (2½ ounces)
Sour cream (optional)

1 In a large saucepan combine broth, hominy, tomato rice soup, turkey, sweet pepper, salsa, and cumin. Bring to boiling; reduce heat. Simmer, uncovered, for about 5 minutes or until sweet pepper is tender.

2 Top each serving with tortilla chips and, if desired, sour cream.

nutrition facts per serving: 318 cal., 10 g total fat (2 g sat. fat), 38 mg chol., 2013 mg sodium, 39 g carb., 5 g dietary fiber,

20 g protein.

lowfat

turkey and sweet potato chowder

start to finish: 40 minutes
makes: 5 servings

The secret to this nicely thick corn and potato chowder is to mash some of the potatoes after cooking. Chopped cooked chicken can stand in for the turkey if you want variety.

1 large potato, peeled, if desired, and chopped (about 1½ cups)
1 14-ounce can reduced-sodium chicken broth
2 small ears frozen corn, thawed, or 1 cup loose-pack frozen whole-kernel corn
12 ounces cooked turkey breast, cut into ½-inch cubes (about 2¼ cups)
1½ cups fat-free milk
1 large sweet potato, peeled and cut into ¾-inch cubes (about 1½ cups)
⅛ to ¼ teaspoon ground black pepper
¼ cup coarsely snipped fresh parsley

1 In a 3-quart saucepan combine chopped potato and broth. Bring to boiling; reduce heat. Simmer, uncovered, about 12 minutes or until potato is tender, stirring occasionally. Remove from heat. Do not drain. Using a potato masher, mash potato until mixture is thickened and nearly smooth.

2 If using corn on the cob, cut the kernels from one of the ears of corn. Carefully cut the second ear of corn crosswise into ½-inch-thick slices.

3 Stir corn, turkey, milk, sweet potato, and pepper into potato mixture in saucepan. Bring to boiling; reduce heat. Cover and cook for 12 to 15 minutes or until the sweet potato is tender. Sprinkle each serving with parsley.

nutrition facts per serving: 216 cal., 1 g total fat (0 g sat. fat), 44 mg chol., 271 mg sodium, 29 g carb., 4 g dietary fiber, 23 g protein.

slowcooker lowfat

asian turkey and rice soup

prep: 25 minutes **slow cook:** 7 to 8 hours (low) or 3½ to 4 hours (high) + 10 minutes (high)
makes: 6 servings

Slices of mushrooms, slivers of bok choy, and chunks of turkey mingle in a soy- and ginger-scented broth, giving stir-fry flavors to this savory soup.

2 14-ounce cans reduced-sodium chicken broth
1 pound turkey breast tenderloin or skinless, boneless chicken breast halves, cut into 1-inch pieces
2 cups sliced fresh mushrooms, such as shiitake or button
1½ cups water
2 medium carrots, cut into bite-size strips (1 cup)
½ cup chopped onion (1 medium)
2 tablespoons low-sodium soy sauce
2 teaspoons grated fresh ginger
4 cloves garlic, minced
1½ cups sliced bok choy
1 cup instant brown rice
Lo mein noodles (optional)

1 In a 3½- or 4-quart slow cooker stir together broth, turkey, mushrooms, the water, carrots, onion, soy sauce, ginger, and garlic.

2 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.

3 If using low-heat setting, turn slow cooker to high-heat setting. Stir in bok choy and rice. Cover and cook for 10 to 15 minutes more or until rice is tender. If desired, top each serving with lo mein noodles.

nutrition facts per serving: 166 cal., 2 g total fat (0 g sat. fat), 45 mg chol., 572 mg sodium, 15 g carb., 2 g dietary fiber, 22 g protein.

lowfat

alphabet soup with turkey meatballs

start to finish: 45 minutes **oven:** at 350°F
makes: 6 servings

Double the recipe for the meatballs and freeze half for another meal. They are especially delicious served over buttered noodles with shaved Parmesan.

1 medium onion, sliced
3 cloves garlic, minced
2 teaspoons olive oil
1 cup dry white wine or reduced-sodium chicken broth
1 32-ounce carton reduced-sodium chicken broth
1½ cups water
1 recipe Turkey Meatballs
1 pound fresh asparagus spears, trimmed and cut into bite-size pieces (about 2 cups)
1 medium yellow and/or red sweet pepper, seeded and cut into bite-size pieces
1 cup dried alphabet-shape pasta
2 tablespoons snipped fresh basil or 1 teaspoon dried Italian seasoning, crushed
Salt
Cracked black pepper
Finely shredded Parmesan cheese (optional)

1 In a 4-quart Dutch oven cook onion and garlic in hot oil over medium-high heat about 5 minutes or until tender. Remove from heat. Add wine; return to heat. Bring to

boiling; reduce heat. Simmer, uncovered, about 5 minutes or until wine is reduced by half. Add broth and the water. Return to boiling. Stir in Turkey Meatballs, asparagus, sweet pepper, pasta, and Italian seasoning (if using).

2 Simmer, covered, about 8 minutes or until pasta is tender but still firm. Stir in basil (if using). Season to taste with salt and black pepper.

3 If desired, sprinkle each serving with cheese.

nutrition facts per serving: 268 cal., 5 g total fat (1 g sat. fat), 27 mg chol., 565 mg sodium, 33 g carb., 3 g dietary fiber, 16 g protein.

turkey meatballs: Preheat oven to 350°F. Line a 15×10×1-inch baking pan with foil. Coat foil with nonstick cooking spray; set pan aside. In a medium bowl combine 8 ounces lean ground turkey, ⅓ cup seasoned fine dry bread crumbs, and pinch of cayenne pepper. If desired, stir in 1 teaspoon grated Parmesan cheese or 1 teaspoon low-sodium Worcestershire sauce. Shape turkey mixture into twenty-four 1-inch meatballs. Place meatballs in the prepared baking pan. Bake for 12 to 15 minutes, until no longer pink (165°F).

6

hot bowls of chili

A simmering pot of chili will warm up any occasion; it’s the quintessential food for both family meals and stress-free entertaining. However you like your chili—mild or spicy, meaty or strictly beans—these richly spiced recipes offer inspiring new ways to whip up the ultimate winter comfort food.

All-American Chili
Game Day Chili
Mexican Chili
Chili for a Crowd
Cincinnati Chili
Barbecue Chili
New World Chili
Easy Texas-Style Chili
Three-Bean Chili
Chipotle Steak Chili
Firehouse Chili
Spicy Ancho Chili with Tomatillos
Chunky Beer-Pork Chili
Venison Chili
Two-Tomato Stew Chili
Fruit and Nut Chili
Mole-Style Pork and Squash Chili
Caribbean Pork Chili
Hominy and Chorizo Chili
Pork and Poblano Chili
Winter Woods Chili
Coconut-Chicken Chili
Chicken Fajita Chili
Chicken-Salsa Chili
White Chicken Chili

Sweet Potato and Barley Chili
Sassy Bean and Brown Rice Chili
Vegetarian Chili with Polenta
Garden Chili
Big-Batch Red Lentil Chili
Spicy Vegetable Chili
White Bean and Toasted Cumin Chili

slowcooker lowfat

all-american chili

prep: 10 minutes **slow cook:** 6 hours (low) or 4 hours (high)
makes: 6 servings

Calling all chili aficionados! Here's our favorite take on the traditional bowl of red with all the convenience of slow cooker cooking. Let everyone create their own version with the innovative topper ideas.

1½ pounds lean ground beef
2 15.5-ounce cans kidney beans, rinsed and drained
1 14.5-ounce can diced tomatoes, drained
1 cup chopped onion (1 large)
1 8-ounce can no-salt-added tomato sauce
1 cup reduced-sodium chicken broth
¾ cup chopped yellow sweet pepper (1 medium)
3 tablespoons chili powder
2 cloves garlic, minced
1 teaspoon ground cumin
1 teaspoon dried oregano, crushed
½ teaspoon salt
1 8.5-ounce box corn bread mix, prepared according to package directions (optional)

1 In a 3½- or 4-quart slow cooker combine beef, beans, drained tomatoes, onion, tomato sauce, broth, sweet pepper, 2 tablespoons of the chili powder, garlic, ½ teaspoon of the cumin, and ½ teaspoon of the oregano.

2 Cover and cook on low-heat setting for 6 hours or on high-heat setting for 4 hours.

3 To serve, stir in remaining 1 tablespoon chili powder, remaining ½ teaspoon cumin, remaining ½ teaspoon oregano, and salt. Serve with corn bread.

nutrition facts per serving: 353 cal., 7 g total fat (3 g sat. fat), 71 mg chol., 710 mg sodium, 37 g carb., 13 g dietary fiber, 35 g protein.

slowcooker

game day chili

prep: 40 minutes **slow cook:** 6 to 7 hours (low) or 3 to 3½ hours (high)
makes: 8 servings

The Chili Seasoning Puree in this chili boosts peppery flavor without being too hot and spicy. Dried plums sweeten and thicken the mix while balancing the spiciness.

1½ pounds ground beef chuck
1 cup chopped onion (1 large)
½ cup sliced celery (1 stalk)
1 recipe Chili Seasoning Puree
1 28-ounce can diced tomatoes, undrained
1 14-ounce can beef broth
1½ cups pitted dried plums (prunes), chopped
1½ cups water
1 6-ounce can tomato paste
2 tablespoons smoked paprika
2 teaspoons ground coriander
1 teaspoon crushed red pepper flakes
¼ teaspoon ground cloves
1 ounce bittersweet chocolate, chopped

1 In a 6-quart Dutch oven cook ground beef, onion, and celery over medium-high heat until meat is brown and onion is tender, using a wooden spoon to break up meat as it cooks. Drain fat.

2 Transfer meat mixture to a 5- or 6-quart slow cooker. Stir in Chili Seasoning Puree, undrained tomatoes, broth, dried

plums, the water, tomato paste, paprika, coriander, red pepper flakes, and cloves.

3 Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours. Stir in chocolate.

nutrition facts per serving: 343 cal., 14 g total fat (5 g sat. fat), 58 mg chol., 702 mg sodium, 38 g carb., 7 g dietary fiber, 20 g protein.

***note:** See tip on handling chile peppers.

chili seasoning puree: In a small bowl combine 2 dried ancho, mulato, or pasilla peppers and enough boiling water to cover. Let stand for 30 minutes; drain well. Remove stems and seeds from peppers.* In a food processor or blender combine the drained chile peppers, ¾ cup beef broth, 5 pitted dried plums (prunes), and 1 fresh jalapeño chile pepper, seeded and chopped.* Cover and process or blend until smooth.

slowcooker

mexican chili

prep: 25 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high)
makes: 8 to 10 servings

If you have leftovers, create another meal by spooning this spunky chili over baked potatoes.

1 pound lean ground beef
3 14.5-ounce cans Mexican-style stewed tomatoes, undrained and cut up
2 15.5-ounce cans red kidney beans, rinsed and drained
1 cup chopped celery (2 stalks)
1 cup finely chopped onion (2 medium)
1 cup water
1 6-ounce can tomato paste
1 4-ounce can diced green chile peppers, undrained
2 cloves garlic, minced
4 teaspoons chili powder
1 teaspoon ground cumin
1 cup shredded cheddar cheese (4 ounces)
½ cup sour cream
Fresh cilantro sprigs (optional)

1 In a large skillet cook ground beef until brown, using a wooden spoon to break up meat as it cooks. Drain fat.

2 Meanwhile, in a 4- to 6-quart slow cooker combine undrained tomatoes, beans, celery, onion, the water, tomato paste, undrained chile peppers, garlic, chili powder, and cumin. Stir in cooked ground beef.

3 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Serve with shredded cheddar cheese and sour cream. If desired, garnish with cilantro.

nutrition facts per serving: 340 cal., 13 g total fat (7 g sat. fat), 56 mg chol., 695 mg sodium, 34 g carb., 9 g dietary fiber, 25 g protein.

slowcooker lowfat

chili for a crowd

prep: 30 minutes **slow cook:** 10 to 12 hours (low) or 5 to 6 hours (high)
makes: 10 to 12 servings

Rich, chunky, and filled with fabulous flavor, this chipotle-flavored chili easily satisfies a large crowd. Add an extra sprinkle of cheese and a dollop of sour cream for a smooth finish.

2 pounds boneless beef round steak or boneless pork shoulder, trimmed and cut into ½-inch cubes
2 large onions, chopped
2 large yellow, red, and/or green sweet peppers, chopped
2 15-ounce cans chili beans in chili gravy
2 14.5-ounce cans Mexican-style stewed tomatoes, undrained and cut up
1 15-ounce can kidney or pinto beans, rinsed and drained
1 cup beer or beef broth
1 to 2 tablespoons chopped canned chipotle peppers in adobo sauce*
2 teaspoons garlic salt
2 teaspoons ground cumin
1 teaspoon dried oregano, crushed

1 In a 5½- to 6-quart slow cooker combine meat, onions, sweet pepper, chili beans in chili gravy, undrained tomatoes, beans, beer, chile peppers, garlic salt, cumin, and oregano.

2 Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours. Spoon off fat.

nutrition facts per serving: 294 cal., 5 g total fat (1 g sat. fat), 52 mg chol., 823 mg sodium, 32 g carb., 8 g dietary fiber, 29 g protein.

***note:** See tip on handling chile peppers.

tame the heat

If a spicy chili is too hot to take, counter its heat with a dairy product, such as a sour cream topping or a glass of milk.

cincinnati chili

prep: 25 minutes **cook:** 20 minutes
makes: 6 servings

Serve up your chili like they do in Cincinnati—heaped over swirls of spaghetti and topped with oodles of onions and cheese.

1 pound ground beef chuck
1 pound ground lamb or beef
½ cup chopped onion (1 medium)
2 cloves garlic, minced
2 tablespoons chili powder
1 teaspoon salt
½ teaspoon ground cumin
¼ teaspoon ground allspice
¼ teaspoon ground cinnamon
¼ teaspoon ground cloves
⅛ teaspoon cayenne pepper
1 28-ounce can crushed tomatoes
1 cup beef broth
1 ounce unsweetened chocolate, chopped
2 tablespoons honey
2 tablespoons cider vinegar
⅓ cup seeded and chopped roma tomato (1 medium)
¼ cup chopped green onion (2)
Hot cooked spaghetti
Grated cheddar cheese

1 In a Dutch oven cook ground beef, ground lamb, onion, and garlic over medium-high heat until meat is brown, using a wooden spoon to break up meat as it cooks. Drain fat. Stir in chili powder, salt, cumin, allspice, cinnamon, cloves, and

cayenne pepper; cook and stir for 2 to 3 minutes or until fragrant.

2 Stir in crushed tomatoes, broth, chocolate, honey, and vinegar. Bring to boiling; reduce heat. Simmer, uncovered, for 20 to 30 minutes.

3 In a small bowl combine roma tomato and green onion. Serve chili over spaghetti and top each serving with roma tomato mixture and cheese.

nutrition facts per serving: 486 cal., 33 g total fat (14 g sat. fat), 107 mg chol., 836 mg sodium, 21 g carb., 5 g dietary fiber, 30 g protein.

lowfat

barbecue chili

prep: 15 minutes **cook:** 1 hour
makes: 12 servings

If you love barbecue and you love chili, you'll love how they taste great together in one bowl!

1 tablespoon vegetable oil
1 pound lean ground beef
1 cup chopped onion (1 large)
¼ cup chili powder
1 tablespoon ground cumin
2 cloves garlic, minced
1 14.5-ounce can stewed tomatoes, undrained
1 cup ketchup
⅓ cup packed brown sugar*
¼ cup molasses
¼ cup Worcestershire sauce
1 tablespoon dry mustard
2 15.5-ounce cans dark red kidney beans, rinsed and drained
2 15.5-ounce cans pinto beans, rinsed and drained
1 15-ounce can cannellini (white kidney) beans, rinsed and drained
12 cooked bacon strips (optional)
Jalapeño pepper strips (optional)**

1 In a large Dutch oven heat oil over medium-high heat. Add ground beef, onion, chili powder, cumin, and garlic;

cook about 10 minutes or until meat is brown and onion is tender, using a wooden spoon to break up meat as it cooks.

2 Stir in undrained tomatoes, ketchup, brown sugar, molasses, Worcestershire sauce, and mustard. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes, stirring occasionally. Stir in kidney beans, pinto beans, and cannellini beans. Return to boiling; reduce heat. Simmer, covered, for 30 minutes more.

3 If desired, garnish each serving with bacon and chile strips.

nutrition facts per serving: 343 cal., 6 g total fat (2 g sat. fat), 14 mg chol., 675 mg sodium, 53 g carb., 14 g dietary fiber, 20 g protein.

***note:** You can substitute ⅓ cup granulated sugar plus 2 teaspoons molasses for the brown sugar.

****note:** See tip on handling chile peppers.

slowcooker lowfat

new world chili

prep: 25 minutes **slow cook:** 10 to 12 hours (low) or 5 to 6 hours (high)
makes: 6 servings

This colorful chili's wow factor comes from a combo of butternut squash, fresh spinach, and dried cranberries, which add a hint of sweetness. Sprinkle servings with roasted pepitas (pumpkin seeds) for added crunch.

1 pound turkey breast tenderloins, cut into 1-inch pieces
1 28-ounce can diced tomatoes, undrained
1 15-ounce can black beans, rinsed and drained
1 8-ounce can tomato sauce
1 cup seeded, peeled, and cubed butternut squash
½ cup dried cranberries
½ cup chopped onion (1 medium)
½ cup frozen whole-kernel corn
½ cup chicken broth
1 jalapeño pepper, seeded and finely chopped*
1 tablespoon chili powder
1 clove garlic, minced
Chicken broth (optional)
2 cups shredded fresh spinach leaves
1 cup shredded Monterey Jack cheese with jalapeño peppers (4 ounces) (optional)

1 In a 5-quart slow cooker combine turkey, undrained tomatoes, beans, tomato sauce, squash, dried cranberries,

onion, frozen corn, ½ cup broth, chile pepper, chili powder, and garlic.

2 Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours. If desired, stir in additional broth to reach desired consistency.

3 Before serving, stir in spinach. If desired, sprinkle each serving with cheese.

nutrition facts per serving: 234 cal., 1 g total fat (0 g sat. fat), 47 mg chol., 776 mg sodium, 35 g carb., 8 g dietary fiber, 26 g protein.

***note:** See tip on handling chile peppers.

lowfat

easy texas-style chili

start to finish: 20 minutes
makes: 6 servings

Salsa, a time-saving ingredient, provides both the tomatoes and sauce for this meaty chili. Choose the type of salsa according to how spicy you like your chili.

12 ounces lean ground beef
1 15-ounce can pinto beans, undrained
1 cup bottled salsa
½ cup beef broth
1 teaspoon chili powder
½ teaspoon ground cumin

1 In a large skillet cook meat over medium heat until brown, using a wooden spoon to break up meat as it cooks. Drain fat.

2 Stir undrained beans, salsa, broth, chili powder, and cumin into meat. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.

nutrition facts per serving: 178 cal., 8 g total fat (3 g sat. fat), 36 mg chol., 442 mg sodium, 12 g carb., 4 g dietary fiber, 15 g protein.

slowcooker lowfat

three-bean chili

prep: 15 minutes **slow cook:** 6 to 8 hours (low) or 3 to 4 hours (high)
makes: 4 servings

1 15-ounce can no-salt-added red kidney beans, rinsed and drained
1 15-ounce can small white beans, rinsed and drained
1 15-ounce can low-sodium black beans, rinsed and drained
1 14.5-ounce can diced tomatoes and green chiles, undrained
1 cup beer or chicken broth
3 tablespoons chocolate-flavor syrup
1 tablespoon chili powder
2 teaspoons Cajun seasoning

1 In a 3½- or 4-quart slow cooker combine kidney beans, white beans, black beans, undrained tomatoes, beer, chocolate syrup, chili powder, and Cajun seasoning.

2 Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.

nutrition facts per serving: 308 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 569 mg sodium, 60 g carb., 21 g dietary fiber, 21 g protein.

lowfat

chipotle steak chili

prep: 30 minutes **cook:** 1 hour
makes: 8 servings

Longer cooking at a low temperature makes the blade steak wonderfully tender in this zesty beef and two-bean chili.

1½ pounds boneless beef shoulder top blade steak (flat iron)
1 tablespoon vegetable oil
2 cups chopped onion (2 large)
1 cup chopped green sweet pepper (2 small)
4 cloves garlic, minced
2 15- to 16-ounce cans kidney beans, pinto beans, and/or black beans, rinsed and drained
2 14.5-ounce cans diced tomatoes, undrained
1 15-ounce can tomato sauce
½ cup water
2 tablespoons chili powder
1 to 2 teaspoons chopped canned chipotle peppers in adobo sauce
1 teaspoon dried basil, crushed
½ teaspoon ground black pepper
Shredded cheddar cheese (optional)

1 Trim fat from meat. Cut meat into ¾-inch pieces. In a 4-quart Dutch oven heat oil over medium heat. Add meat, half at a time; cook until brown. Remove meat, reserving drippings in Dutch oven. Add onion, sweet pepper, and garlic to drippings; cook until tender.

2 Return meat to Dutch oven. Stir beans, undrained tomatoes, tomato sauce, the water, chili powder, chile peppers, basil, and black pepper into meat mixture. Bring to boiling; reduce heat. Simmer, covered, about 1 hour or until meat is tender, stirring occasionally. If desired, top each serving with cheese.

nutrition facts per serving: 288 cal., 8 g total fat (3 g sat. fat), 54 mg chol., 639 mg sodium, 32 g carb., 8 g dietary fiber, 24 g protein.

firehouse chili

prep: 20 minutes **cook:** 2 hours
makes: 10 servings

This ground beef chili comes together in just 20 minutes. Letting it simmer for a couple hours yields intriguing spicy flavor. Hot cooked macaroni is a serve-along that makes this unique.

2 pounds lean ground beef
1 cup chopped onion (1 large)
1½ cups chopped celery (3 stalks)
3 cloves garlic, minced
1 30-ounce can chili beans, undrained
1 29-ounce can tomato sauce
1 28-ounce can stewed tomatoes, undrained and cut up
2 tablespoons chili powder
1 tablespoon bottled hot pepper sauce
Hot cooked macaroni
Sour cream (optional)
Shredded cheddar cheese (optional)
Sliced green onions (optional)
Bottled hot pepper sauce (optional)

1 In a 6- to 8-quart Dutch oven cook meat, onion, celery and garlic until meat is brown and onion is tender, using a wooden spoon to break up meat as it cooks. Drain fat. Stir in undrained chili beans, tomato sauce, undrained tomatoes, chili powder, and 1 tablespoon hot pepper sauce. Bring to boiling; reduce heat. Simmer, covered, for 2 hours.

2 Serve chili over hot cooked macaroni. If you like, top each serving with sour cream, cheddar cheese, and green onions,

and pass hot pepper sauce.

nutrition facts per serving: 433 cal., 15 g total fat (6 g sat. fat), 68 mg chol., 1251 mg sodium, 48 g carb., 7 g dietary fiber, 28 g protein.

slowcooker

spicy ancho chili with tomatillos

prep: 45 minutes **cook:** 1 hour
makes: 6 to 8 servings

Ancho chiles are actually dried poblano chile peppers that lend a sweet, earthy flavor and medium heat level to Mexican stews. Add a portion of the liquid from the tomatoes to the chiles to make blending easier.

2 11-ounce cans tomatillos, rinsed and drained
¾ cup lightly packed fresh cilantro leaves
3 dried ancho peppers, stemmed and seeded*
1 jalapeño pepper, seeded*
2 14.5-ounce cans whole or diced fire-roasted tomatoes, undrained
1½ pounds boneless beef chuck roast
Salt
Ground black pepper
2 tablespoons olive oil
2 cups chopped onion (2 large)
1 cup chopped green sweet pepper (2 small)
4 cloves garlic, minced
2 15-ounce cans kidney beans and/or black beans, rinsed and drained
1 cup frozen whole-kernel corn, thawed
2 tablespoons chili powder
1 teaspoon dried oregano, crushed

Desired toppings, such as sliced avocado, sour cream, and/or shredded cheddar cheese

1 In a blender or food processor combine tomatillos, cilantro, ancho peppers, and jalapeño pepper. Cover and blend or process until smooth. Remove mixture from blender and set aside. Add undrained tomatoes to blender or food processor. Cover and blend or process until smooth; set aside.

2 Trim fat from meat. Cut meat into ½-inch pieces. Lightly sprinkle meat with salt and black pepper. In a Dutch oven cook half of the meat in 1 tablespoon of the hot oil over medium-high heat until brown. Remove from Dutch oven; drain fat. Cook remaining meat in remaining 1 tablespoon hot oil until nearly brown. Stir in onions, sweet peppers, and garlic; cook and stir until meat is brown and vegetables are tender. Drain fat. Return all meat to Dutch oven.

3 Stir in tomatillo mixture, pureed tomatoes, beans, corn, chili powder, and oregano. Bring to boiling; reduce heat. Simmer, covered, about 1 hour or until meat is tender and mixture is desired consistency.

4 Serve with desired toppings.

nutrition facts per serving: 651 cal., 30 g total fat (10 g sat. fat), 93 mg chol., 919 mg sodium, 54 g carb., 15 g dietary fiber, 49 g protein.

***note:** See tip on handling chile peppers.

slow cooker directions: Prepare as directed through Step 2, except place meat mixture in a 5- to 6-quart slow cooker. Stir in the remaining ingredients. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Serve with desired toppings.

lowfat

chunky beer-pork chili

start to finish: 30 minutes
makes: 4 servings

Lean pork tenderloin cooks up tender in just 5 minutes. As for the simmered-all-day flavor, give credit to smoky chipotle chile peppers.

12 ounces pork tenderloin
2 teaspoons chili powder
2 teaspoons ground cumin
1 tablespoon canola oil
½ cup chopped onion (1 medium)
4 cloves garlic, minced
1 yellow or red sweet pepper, seeded and cut into ½-inch pieces
1 cup beer or reduced-sodium beef broth
¼ cup bottled picante sauce or salsa
2 to 3 teaspoons finely chopped canned chipotle pepper in adobo sauce*
1 15- to 16-ounce can small red beans or pinto beans, rinsed and drained
½ cup light sour cream
2 tablespoons snipped fresh cilantro

1 Trim fat from meat. Cut meat into ¾-inch pieces. Place meat in a medium bowl. Add chili powder and cumin; toss gently to coat. Set aside.

2 In large saucepan heat oil over medium heat. Add onion and garlic; cook and stir for 3 minutes. Add meat; cook and stir until meat is brown.

3 Stir in sweet pepper, beer, picante sauce, and chipotle chile pepper. Bring to boiling; reduce heat. Simmer, covered, about 5 minutes or until pork is tender. Stir in beans; heat through.

4 Top each serving with sour cream. Garnish with cilantro.

nutrition facts per serving: 313 cal., 9 g total fat (2 g sat. fat), 64 mg chol., 510 mg sodium, 29 g carb., 7 g dietary fiber, 27 g protein.

***note:** See tip on handling chile peppers.

lowfat

venison chili

prep: 45 minutes **cook:** 1 hour
makes: 6 servings

Venison—an extra-lean meat with a woody, almost fruity flavor—mingles with veggies and seven aromatic spices to deliver a knockout chili.

1½ pounds boneless venison leg or shoulder or boneless beef round steak
2 tablespoons canola oil
½ cup chopped onion (1 medium)
½ cup chopped celery (1 stalk)
3 cloves garlic, minced
1 jalapeño pepper, seeded and finely chopped*
1 tablespoon dried oregano, crushed, or 3 tablespoons snipped fresh oregano
4 teaspoons chili powder
4 teaspoons paprika
4 teaspoons ground cumin
½ teaspoon salt
½ teaspoon ground black pepper
1 cup dark beer or reduced-sodium beef broth
1 28-ounce can diced tomatoes, undrained
1½ cups chopped red sweet pepper (2 medium)
1 15-ounce can black beans, rinsed and drained, or 1½ cups cooked black beans
¼ cup lime juice
¼ cup snipped fresh cilantro

¼ cup snipped fresh parsley

1 Trim fat from meat. Cut meat into ½-inch pieces. In a 4- to 6-quart Dutch oven heat 1 tablespoon of the oil over medium-high heat. Add meat, half at a time; cook until brown. Using a slotted spoon, remove meat from Dutch oven; set aside. Drain fat.

2 In the same Dutch oven heat remaining 1 tablespoon oil over medium heat. Add onion, celery, garlic, jalapeño chile pepper, dried oregano (if using), chili powder, paprika, cumin, salt, and black pepper; cook and stir about 5 minutes or until vegetables are tender (mixture will be dry). Add beer; bring to boiling. Boil gently about 5 minutes or until liquid is reduced by about half, stirring occasionally. Add meat and undrained tomatoes. Return to boiling; reduce heat. Simmer, covered, for 45 to 60 minutes or until meat is tender.

3 Stir in red sweet pepper and black beans. Return to simmering. Cover and cook for 15 minutes more.

4 Stir in lime juice, cilantro, parsley, and fresh oregano (if using).

nutrition facts per serving: 302 cal., 8 g total fat (2 g sat. fat), 96 mg chol., 814 mg sodium, 26 g carb., 9 g dietary fiber, 32 g protein.

***note:** See tip on handling chile peppers.

two-tomato stew chili

prep: 30 minutes **cook:** 1 hour
makes: 8 to 10 servings

This beef chili packs a two-tomato wallop with both dried and canned tomatoes. Crushed red pepper adds bite, balanced by mild and sweet red and green peppers. Golden raisins are another element of surprise.

1 8- to 8.5-ounce jar oil-packed dried tomatoes
2 pounds beef chuck, cut in 1-inch cubes
3 cups chopped onion (3 large)
6 cloves garlic, minced
1 cup chopped red sweet pepper (2 medium)
1 cup chopped green sweet pepper (2 medium)
1 cup coarsely chopped carrot (2 medium)
½ cup golden raisins
4 teaspoons ground cumin
½ to 1 teaspoon crushed red pepper flakes
1 4.5-ounce can diced green chiles, undrained
1 28-ounce can crushed tomatoes
2 cups water
¼ teaspoon salt
¼ teaspoon ground black pepper
8 ounces smoked mozzarella cheese, shredded

1 Drain dried tomatoes, reserving 2 tablespoons of the oil. Chop tomatoes; set aside. In a Dutch oven heat reserved oil over medium-high heat. Add beef, half at a time; cook until brown.

2 Return all beef to Dutch oven. Add onion, garlic, red sweet pepper, green sweet pepper, and carrot; cook for 2

minutes. Stir in chopped dried tomatoes, raisins, cumin, and red pepper flakes; cook for 2 minutes. Stir in undrained green chiles; cook for 1 minute. Add crushed tomatoes and the water; bring to boiling. Reduce heat to medium. Simmer, covered, for 1 to 1¼ hours, stirring occasionally, until meat is tender. Remove from heat. Add salt and pepper. Top with cheese.

nutrition facts per serving: 429 cal., 18 g total fat (7 g sat. fat), 82 mg chol., 676 mg sodium, 36 g carb., 7 g dietary fiber, 34 g protein.

fruit and nut chili

prep: 40 minutes **cook:** 1 hour
makes: 8 servings

Chili powder, curry powder, and ground cinnamon spice up the mix of apples, almonds, and cocoa powder in this tomato-laden meat and bean chili.

1½ pounds lean ground beef
2 cups chopped onion (2 large)
3 cloves garlic, minced
2 14.5-ounce cans tomatoes, undrained and cut up
1 15-ounce can tomato sauce
1 15-ounce can red kidney beans, rinsed and drained
1 14-ounce can chicken broth
2¼ cups chopped green, red, and/or yellow sweet pepper (3 medium)
2 cooking apples (such as Granny Smith or Jonathan), cored and chopped
2 4-ounce cans diced green chiles, drained
3 tablespoons chili powder
2 tablespoons unsweetened cocoa powder
1 tablespoon curry powder
1 teaspoon ground cinnamon
⅔ cup slivered almonds

1 In a 6-quart Dutch oven cook meat, onion, and garlic until meat is brown and onion is tender, using a wooden spoon to break up meat as it cooks. Drain fat.

2 Stir undrained tomatoes, tomato sauce, beans, and broth into meat mixture. Add sweet pepper, apples, drained chile peppers, chili powder, cocoa powder, curry powder, and

cinnamon. Bring to boiling; reduce heat. Simmer, covered, for 1 hour.

3 Top each serving with almonds.

nutrition facts per serving: 357 cal., 16 g total fat (4 g sat. fat), 54 mg chol., 782 mg sodium, 34 g carb., 10 g dietary fiber, 26 g protein.

lowfat

mole-style pork and squash chili

prep: 30 minutes **cook:** 30 minutes
makes: 6 servings

It's likely that there are as many versions of mole—a flavorful Mexican Indian sauce—as there are cooks in Mexico. Combining chili powder, cinnamon, and chocolate, we patterned the flavors in this intriguing chili after the brown version of mole.

12 ounces boneless pork sirloin chops, cut ½ inch thick
½ cup chopped onion (1 medium)
2 cloves garlic, minced
2 tablespoons olive oil or vegetable oil
2 14.5-ounce cans stewed tomatoes, undrained
8 ounces butternut squash, peeled and cut into ½-inch cubes (about 1½ cups)
1 15-ounce can red kidney beans, rinsed and drained
1 15-ounce can black beans, rinsed and drained
1 cup frozen whole-kernel corn
1 cup water
1 tablespoon chili powder
1 tablespoon grated unsweetened chocolate
½ teaspoon ground cumin
¼ teaspoon ground cinnamon
¼ teaspoon dried oregano, crushed

1 Trim fat from meat. Cut meat into ½-inch pieces. In a Dutch oven cook and stir meat, onion, and garlic in hot oil over medium-high heat until meat is brown. Stir in undrained tomatoes, squash, beans, frozen corn, the water, chili powder, chocolate, cumin, cinnamon, and oregano.

2 Bring to boiling; reduce heat. Simmer, covered, about 30 minutes or until meat and squash are tender, stirring occasionally.

nutrition facts per serving: 289 cal., 9 g total fat (2 g sat. fat), 23 mg chol., 678 mg sodium, 41 g carb., 11 g dietary fiber, 20 g protein.

slowcooker lowfat

caribbean pork chili

prep: 20 minutes **slow cook:** 4 to 5 hours (low) or 2 to 2½ hours (high)
makes: 6 servings

Mango adds a tropical note to this chili. Save a step by using a jar of refrigerated ready-to-eat mangoes from your grocer's produce section rather than a fresh mango. Drain and chop the mangoes and use about 1 cup in the chili; combine the remainder with chopped red onion for a sprightly topper.

1½ pounds boneless pork loin roast
1 tablespoon chili powder
2 cloves garlic, minced
½ teaspoon ground chipotle chile pepper (optional)
½ teaspoon ground cumin
¼ teaspoon salt
1 tablespoon canola oil
2 14.5-ounce cans no-salt-added diced tomatoes, undrained
1 15-ounce can no-salt-added black beans, rinsed and drained
1 8-ounce can no-salt-added tomato sauce
1 cup frozen whole-kernel corn
1 medium mango, seeded, peeled, and chopped
¼ cup snipped fresh cilantro
¼ cup red onion shards (optional)

1 Trim fat from meat. Cut meat into 1-inch pieces. In a medium bowl combine meat, chili powder, garlic, ground chipotle pepper, if desired, cumin, and salt; toss to coat. In a large nonstick skillet heat oil over medium-high heat. Add meat, half at a time; cook until brown. Drain fat.

2 Transfer meat to a 3½- or 4-quart slow cooker. Add undrained tomatoes, beans, tomato sauce, and frozen corn.

3 Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2½ hours.

4 In a small bowl combine mango, cilantro, and, if desired, onion shards. Top each serving with mango mixture.

nutrition facts per serving: 315 cal., 7 g total fat (2 g sat. fat), 78 mg chol., 246 mg sodium, 32 g carb., 8 g dietary fiber, 32 g protein.

hominy and chorizo chili

prep: 45 minutes **cook:** 20 minutes
makes: 8 servings

Chorizo, a sausage spiked with chili powder and garlic, punctuates this Southwestern-style chili. Carrots, peppers, and grape tomatoes bring a lighter touch. Corn hominy is a tasty stand-in for beans.

1½ pounds fresh or 1 pound hard (cured) chorizo sausage links*
¼ cup water
1 tablespoon olive oil
3 cups chopped onion (3 large)
6 cloves garlic, minced
1½ cups chopped carrot (3 medium)
¾ cup chopped green sweet pepper (1 large)
1 teaspoon fresh thyme
1 tablespoon chili powder
½ teaspoon smoked paprika
3 15-ounce cans hominy, rinsed and drained
1 14.5-ounce can reduced-sodium chicken broth
2 tablespoons tomato paste
2 cups grape tomatoes, halved
Snipped fresh oregano

1 In a 12-inch skillet over medium-high heat, bring sausage and the water to boiling. Cook, covered, for 15 minutes, turning occasionally. Cook, uncovered, for 8 to 10 minutes more, turning to brown. Cool for 5 minutes on cutting board. Diagonally cut into ½-inch slices.

2 In a large Dutch oven heat oil over medium-high heat. Add onion, garlic, carrot, sweet pepper, and thyme; cook for 7 to 8 minutes, stirring occasionally, until almost tender. Stir in chili powder and paprika; cook for 30 seconds. Add cooked sausage; cook for 1 minute. Add hominy, broth, and tomato paste; bring to boiling. Reduce heat to medium. Simmer, covered, for 10 minutes, stirring occasionally. Stir in tomatoes; cook for 2 minutes, until tomatoes just begin to wilt. Top each serving with oregano.

nutrition facts per serving: 576 cal., 36 g total fat (13 g sat. fat), 75 mg chol., 1456 mg sodium, 37 g carb., 7 g dietary fiber, 25 g protein.

***note:** If you can only find the hard or "cured" kind of chorizo, cut it into ½-inch pieces. Skip the first step and sauté the chorizo in the oil in the Dutch oven, then add the vegetables and follow the recipe as directed except for the adding the sausage, which has already been done.

slowcooker

pork and poblano chili

prep: 25 minutes **slow cook:** 7 to 8 hours (low) or 3½ to 4 hours (high)
makes: 6 to 8 servings

Seeds and membranes give chile peppers their kick. If you like your chili spicy hot, use the seeds and membranes; leave them out if mild chili fits your style.

2 poblano peppers, halved and seeded*
1 green sweet pepper, halved and seeded
3 cloves garlic
1½ pounds lean ground pork
1 cup chopped onion (1 large)
2 15-ounce cans Great Northern beans, rinsed and drained
1 16-ounce jar mild or medium green salsa (salsa verde)
1 14.5-ounce can chicken broth
1½ teaspoons ground cumin
¼ cup snipped fresh cilantro
Fresh cilantro leaves, sour cream, and/or red salsa (optional)
1 recipe Tortilla Strips (optional)

1 In a food processor combine poblano chile peppers, sweet pepper, and garlic. Cover and process until finely chopped; set aside. In a large skillet cook ground pork and onion over medium-high heat until meat is brown and onion is tender, using a wooden spoon to break up meat as it cooks. Drain fat. Add pepper mixture; cook and stir for 2 to 3 minutes or until peppers are tender.

2 Transfer meat mixture to a 3½- or 4-quart slow cooker. Stir in beans, green salsa, broth, and cumin.

3 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours; cool slightly. If desired, mash beans slightly with a potato masher.

4 Before serving, stir in snipped cilantro. If desired, top each serving with cilantro leaves, sour cream, and/or red salsa. If desired, serve with Tortilla Strips.

nutrition facts per serving: 430 cal., 19 g total fat (7 g sat. fat), 74 mg chol., 1152 mg sodium, 37 g carb., 9 g dietary fiber, 27 g protein.

***note:** See tip on handling chile peppers.

tortilla strips: Preheat oven to 350°F. Brush flour tortillas with vegetable oil and sprinkle with chili powder. Cut tortillas into ½-inch strips. Place in a single layer on a baking sheet. Bake for 5 to 10 minutes or until golden and crisp; cool.

winter woods chili

prep: 30 minutes **cook:** 2 hours
makes: 6 servings

Satisfy your family with this hearty chili that includes bacon and beef. Top with cheese and cilantro for a delicious flavor twist.

4 slices bacon
3 pounds beef stew meat
1 large onion, sliced ½ inch thick
4 cloves garlic, minced
2 28-ounce cans whole tomatoes, undrained
1 15.5-ounce can navy beans, rinsed and drained
1 15.5-ounce can red beans, rinsed and drained
2 to 3 tablespoons chili powder
2 tablespoons red wine vinegar
Salt
Ground black pepper
Shredded cheddar cheese
Snipped fresh oregano
Cooked bacon, crumbled

1 In 4- to 6-quart Dutch oven cook bacon and beef, half at a time, over medium heat until beef is brown. Drain fat. Reduce heat. Add onions and half of the garlic; cook and stir until onion is tender.

2 Add undrained tomatoes, beans, and 1 tablespoon of the chili powder. Bring to boiling; reduce heat. Simmer, covered, for 1 hour, stirring occasionally. Stir in remaining garlic, remaining chili powder, and vinegar. Cook, covered, for 1 hour. Add enough water for desired consistency. Season to taste with salt and pepper. Top each serving with cheese, oregano, and crumbled bacon.

nutrition facts per serving: 546 cal., 23 g total fat (9 g sat. fat), 107 mg chol., 1222 mg sodium, 31 g carb., 8 g dietary fiber, 54 g protein.

coconut-chicken chili

prep: 30 minutes **cook:** 20 minutes
makes: 4 servings

Rich, creamy, and packed with spicy flavors of Southeast Asia, this coconut milk–based chili is brimming with vegetables. Offer crusty bread for a complete meal.

12 ounces skinless, boneless chicken breast halves, chopped into bite-size pieces
1 cup chopped onion (1 large)
1½ teaspoons chili powder
1½ teaspoons ground ginger
½ teaspoon salt
½ teaspoon ground black pepper
¼ teaspoon cayenne pepper
1 tablespoon olive oil
1 tablespoon all-purpose flour
1 14-ounce can unsweetened coconut milk
1 tablespoon peanut butter
1 cup water
1 15- to 19-ounce can cannellini (white kidney) beans, rinsed and drained
1½ cups shredded carrot (3 medium)
½ cup sliced celery (1 stalk)
2 tablespoons sliced green onion
5 cloves garlic, minced
2 tablespoons chopped fresh basil
Hot cooked jasmine rice
Fresh basil leaves
Sliced jalapeño peppers* (optional)

1 In a large saucepan cook chicken, onion, chili powder, ginger, salt, black pepper, and cayenne pepper in hot oil over medium heat for 6 to 8 minutes or until chicken is no longer pink. Stir in flour and cook for 1 minute more. Stir in coconut milk, peanut butter, and the water. Bring to boiling, stirring occasionally.

2 Stir in beans, carrot, celery, green onion, garlic, and chopped basil. Return to boiling; reduce heat. Simmer, covered, for 10 minutes. Serve with rice. If desired, top each serving with basil leaves and chile pepper.

nutrition facts per serving: 556 cal., 31 g total fat (22 g sat. fat), 49 mg chol., 890 mg sodium, 47 g carb., 11 g dietary fiber, 32 g protein.

***note:** See tip on handling chile peppers.

slowcooker lowfat

chicken fajita chili

prep: 25 minutes **slow cook:** 4 to 5 hours (low) or 2 to 2½ hours (high)
makes: 6 servings

Get ready for a fiesta with this richly satisfying Mexican-style meal, featuring fajita-spiced chicken, frozen sweet peppers and onions, and cannellini beans.

2 pounds skinless, boneless chicken breast halves, cut into 1-inch pieces
1 tablespoon chili powder
1 teaspoon fajita seasoning
2 cloves garlic, minced
½ teaspoon ground cumin
Nonstick cooking spray
2 14.5-ounce cans no-salt-added diced tomatoes, undrained
1 16-ounce package frozen sweet pepper and onion stir-fry vegetables
1 19-ounce can cannellini (white kidney) beans, rinsed and drained
3 tablespoons shredded reduced-fat cheddar cheese (optional)
3 tablespoons light sour cream (optional)
3 tablespoons guacamole (optional)

1 In a medium bowl combine chicken, chili powder, fajita seasoning, garlic, and cumin; toss gently to coat.

2 Coat a large skillet with cooking spray; heat skillet over medium-high heat. Add chicken, half at a time; cook until

brown, stirring occasionally. Transfer chicken mixture to a 3½- or 4-quart slow cooker. Stir in undrained tomatoes, frozen vegetables, and beans.

3 Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2½ hours. If desired, top each serving with cheese, sour cream, and guacamole.

nutrition facts per serving: 261 cal., 2 g total fat (1 g sat. fat), 88 mg chol., 294 mg sodium, 22 g carb., 7 g dietary fiber, 41 g protein.

lowfat

chicken-salsa chili

prep: 15 minutes **cook:** 20 minutes
makes: 6 servings

This off-the-shelf chili relies on jars of salsa, cans of beans, and frozen chicken for its super-quick prep.

1 16-ounce jar thick and chunky salsa
1 15-ounce can yellow hominy or garbanzo beans (chickpeas), rinsed and drained
1 15-ounce can dark red kidney beans or black beans, rinsed and drained
1 14-ounce can chicken broth
1 9-ounce package (2 cups) frozen diced cooked chicken
1 4-ounce can diced green chiles
1 tablespoon chili powder
2 teaspoons bottled minced garlic or ½ teaspoon garlic powder
¼ to ½ teaspoon crushed red pepper flakes
¼ cup snipped fresh cilantro
2 tablespoons lime juice
Sour cream or plain low-fat yogurt (optional)
Chopped red onion and/or sliced green onion (optional)
Shredded sharp cheddar cheese (optional)
Chopped avocado (optional)

1 In a 4-quart Dutch oven combine salsa, hominy, beans, broth, chicken, chile peppers, chili powder, garlic, and red pepper flakes. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes.

2 Just before serving, stir in cilantro and lime juice. If desired, top each serving with sour cream, red onion, cheese, and/or avocado.

nutrition facts per serving: 190 cal., 2 g total fat (0 g sat. fat), 23 mg chol., 1200 mg sodium, 27 g carb., 7 g dietary fiber, 17 g protein.

more chili, please!

Next time you're lucky enough to have leftover chili, try one of these quick and simple ideas for another busy weeknight supper.

- chili mac: *Combine equal parts chili and prepared macaroni and cheese. Bake until heated through. Top with chopped fresh tomatoes.*
- chili pie: *Prepare a package of corn bread mix. Pour the batter over the top of chili in a baking dish and sprinkle with cheese. Bake according to corn bread package directions.*
- chili scramble: *Use chili as a topping for scrambled eggs. Sprinkle with snipped fresh cilantro.*
- chili tators: *Top baked potatoes with chili, shredded Monterey Jack cheese, and a mixture of sour cream and chopped fresh cilantro.*

slowcooker lowfat

white chicken chili

prep: 25 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high)
makes: 6 servings

Brimming with tender chicken and white kidney beans, this fiery slow cooker favorite owes its bold flavor to a zesty mix of cumin, oregano, garlic, and chile peppers.

3 15-ounce cans Great Northern, pinto, or cannellini (white kidney) beans, rinsed and drained
2½ cups chopped cooked chicken
1½ cups chopped red, green, and/or yellow sweet pepper (2 medium)
1 cup chopped onion (1 large)
2 jalapeño peppers, seeded and chopped*
2 teaspoons ground cumin
2 cloves garlic, minced
½ teaspoon salt
½ teaspoon dried oregano, crushed
3½ cups chicken broth
Shredded Monterey Jack cheese (optional)
Broken tortilla chips (optional)

1 In a 3½- or 4-quart slow cooker combine beans, chicken, sweet pepper, onion, chile peppers, cumin, garlic, salt, and oregano. Pour broth over all.

2 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

3 If desired, top each serving with cheese and/or tortilla chips.

nutrition facts per serving: 422 cal., 6 g total fat (2 g sat. fat), 52 mg chol., 709 mg sodium, 54 g carb., 13 g dietary fiber, 38 g protein.

***note:** See tip on handling chile peppers.

slowcooker lowfat

sweet potato and barley chili

prep: 20 minutes **slow cook:** 6 to 7 hours (low) or 3 to 3½ hours (high)
makes: 6 servings

This hearty vegetarian chili is packed with nutrient-rich veggies and grains. It's also delicious topped with nonfat plain yogurt and baked corn chips.

1 28-ounce can crushed tomatoes
1 15-ounce can red beans, rinsed and drained
1 14.5-ounce can chicken broth
1 medium sweet potato, peeled and cut into 1-inch pieces
¾ cup chopped red sweet pepper (1 medium)
½ cup chopped onion (1 medium)
½ cup regular barley
½ cup water
1 tablespoon chili powder
1 tablespoon lime juice
3 cloves garlic, minced
1 teaspoon ground cumin
½ teaspoon salt
½ teaspoon dried oregano, crushed
¼ teaspoon ground black pepper
Snipped fresh cilantro (optional)
Lime wedges (optional)

1 In a 3½- or 4-quart slow cooker combine tomatoes, beans, broth, sweet potato, sweet pepper, onion, barley, the water,

chili powder, lime juice, garlic, cumin, salt, oregano, and black pepper.

2 Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.

3 If desired, top each serving with cilantro and serve with lime wedges.

nutrition facts per serving: 198 cal., 1 g total fat (0 g sat. fat), 1 mg chol., 930 mg sodium, 41 g carb., 11 g dietary fiber, 9 g protein.

slowcooker lowfat

sassy bean and brown rice chili

prep: 25 minutes **slow cook:** 7 to 8 hours (low) or 3½ to 4 hours (high)
makes: 6 servings

Rustic and rich in deep flavors, this hearty chili satisfies big appetites with complete vegetarian protein from the combination of rice and beans.

2 cups reduced-sodium vegetable broth
2 cups water
1 16-ounce jar picante sauce
1 15-ounce can no-salt-added pinto or red kidney beans, rinsed and drained
1 15-ounce can no-salt-added black beans, rinsed and drained
1 15-ounce can no-salt-added garbanzo beans (chickpeas), rinsed and drained
¾ cup brown rice
1 4-ounce can diced green chiles, undrained
½ cup chopped onion (1 medium)
2 tablespoons chili powder
1 tablespoon unsweetened cocoa powder
2 cloves garlic, minced
⅓ cup plain fat-free yogurt
⅓ cup crumbled cotija cheese or shredded reduced-fat Monterey Jack cheese (optional)
¼ cup roasted pumpkin seeds (pepitas)

1 In a 3½- or 4-quart slow cooker combine broth, the water, picante sauce, pinto beans, black beans, garbanzo beans, brown rice, chile peppers, onion, chili powder, cocoa powder, and garlic.

2 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.

3 Top each serving with yogurt and sprinkle with cheese and pumpkin seeds.

nutrition facts per serving: 415 cal., 11 g total fat (1 g sat. fat), 11 mg chol., 937 mg sodium, 61 g carb., 12 g dietary fiber, 22 g protein.

lowfat

vegetarian chili with polenta

prep: 20 minutes **cook:** 20 minutes
makes: 4 servings

Frozen hash brown potatoes and zucchini are the surprise ingredients in this meatless chili. Polenta makes a pleasant alternative to traditional corn bread.

1 tablespoon olive oil
½ cup chopped onion (1 medium)
1 cup loose-pack frozen hash brown potatoes
1 cup chopped zucchini
1 10-ounce can diced tomatoes and green chiles, undrained
1 8-ounce can tomato sauce
2 teaspoons chili powder
2 cloves garlic, minced
1 15- to 16-ounce can kidney beans, rinsed and drained
1 16-ounce tube refrigerated cooked polenta, cut into 8 slices
½ cup shredded Monterey Jack cheese (2 ounces)
Sour cream (optional)

1 In a large skillet heat oil over medium heat. Add onion; cook and stir until tender. Stir in potatoes, zucchini, undrained tomatoes and chiles, tomato sauce, chili powder, and garlic. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes. Stir in beans. Simmer, uncovered, for 5 minutes more or to reach desired consistency.

2 Meanwhile, prepare polenta according to package directions. Serve with chili. Sprinkle with cheese. If desired,

top each serving with sour cream.

nutrition facts per serving: 350 cal., 9 g total fat (3 g sat. fat), 15 mg chol., 1251 mg sodium, 58 g carb., 12 g dietary fiber, 17 g protein.

slowcooker lowfat

garden chili

prep: 20 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high)
makes: 6 servings

Once you cut up the vegetables for this meatless chili, your slow cooker will do the rest of the work. Select mild, medium, or hot salsa to adjust the level of heat.

1 zucchini, halved lengthwise and cut into ½-inch pieces
¾ cup coarsely chopped green sweet pepper (1 medium)
½ cup chopped onion (1 medium)
½ cup thinly sliced celery (1 stalk)
2 to 3 teaspoons chili powder
1 teaspoon dried oregano, crushed
½ teaspoon ground cumin
2 14.5-ounce cans diced tomatoes, undrained
1 15-ounce can black beans, rinsed and drained
1 10-ounce package frozen whole-kernel corn
1 cup salsa
¾ cup shredded cheddar cheese (3 ounces)
⅓ cup sour cream

1 In a 3½- to 5-quart slow cooker combine zucchini, sweet pepper, onion, celery, chili powder, oregano, and cumin. Stir in undrained tomatoes, beans, frozen corn, and salsa.

2 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

3 Top each serving with cheese and sour cream.

nutrition facts per serving: 203 cal., 6 g total fat (3 g sat. fat), 15 mg chol., 598 mg sodium, 32 g carb., 7 g dietary fiber, 11 g protein.

lowfat

big-batch red lentil chili

prep: 15 minutes **cook:** 35 minutes
makes: 12 servings

Red lentils blend right in with classic chili ingredients—diced tomatoes, kidney beans, and chopped veggies—in this hearty meatless dish. It easily feeds a large crowd, and it freezes beautifully.

4 14.5-ounce cans diced tomatoes, undrained
2 15-ounce cans red kidney beans, rinsed and drained
3 cups water
1 12-ounce package frozen chopped green sweet pepper
1 12-ounce package frozen chopped onion
2 cups dried red lentils, rinsed and drained
¼ cup chili powder
2 tablespoons garlic powder
1 8-ounce can tomato sauce
1 6-ounce can tomato paste
⅛ teaspoon ground black pepper
2 cups shredded cheddar cheese (8 ounces)
Tortilla chips (optional)

1 In an 8-quart Dutch oven combine undrained tomatoes, beans, the water, frozen sweet pepper, frozen onion, lentils, chili powder, and garlic powder. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes, stirring occasionally.

2 Stir in tomato sauce, tomato paste, and black pepper; heat through. Serve with shredded cheese and, if desired,

tortilla chips.

nutrition facts per serving: 314 cal., 7 g total fat (4 g sat. fat), 20 mg chol., 752 mg sodium, 47 g carb., 19 g dietary fiber, 21 g protein.

slowcooker lowfat

spicy vegetable chili

prep: 30 minutes **slow cook:** 9 to 10 hours (low) or 4½ to 5 hours (high)
makes: 10 to 12 servings

Two kinds of beans plus five vegetables yield a warming and surprisingly substantial meatless dinner.

2 28-ounce cans diced tomatoes, undrained
2 15-ounce cans dark red kidney beans, rinsed and drained
2 15-ounce cans pinto beans, rinsed and drained
2 cups chopped onion (2 large)
1 15.25-ounce can whole-kernel corn, drained
1½ cups chopped green sweet pepper (2 medium)
1 cup chopped celery (2 stalks)
1 cup water
1 6-ounce can tomato paste
2 tablespoons chili powder
8 cloves garlic, minced
1 tablespoon Worcestershire sauce
1 teaspoon ground cumin
1 teaspoon dried oregano, crushed
1 teaspoon bottled hot pepper sauce
¼ teaspoon cayenne pepper (optional)
Sour cream (optional)

1 In a 6- to 7-quart slow cooker combine undrained tomatoes, beans, onion, frozen corn, sweet pepper, celery, the water, tomato paste, chili powder, garlic, Worcestershire sauce, cumin, oregano, hot pepper sauce, and, if desired, cayenne pepper.

2 Cover and cook on low-heat setting for 9 to 10 hours or on high-heat setting for 4½ to 5 hours.

3 If desired, top each serving with sour cream.

nutrition facts per serving: 244 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 916 mg sodium, 49 g carb., 12 g dietary fiber, 13 g protein.

slowcooker lowfat

white bean and toasted cumin chili

prep: 20 minutes **slow cook:** 9 to 10 hours (high) or 4½ to 5 hours (low)
makes: 4 servings

Toasting the cumin seeds intensifies their flavor, which gives the chili a rich, nutty taste.

2 14.5-ounce cans tomatoes, undrained and cut up
1 12-ounce can beer or nonalcoholic beer
1 cup chopped onion (1 large)
3 cloves garlic, minced
1 canned chipotle pepper in adobo sauce, chopped*
1 tablespoon cumin seeds, toasted and crushed**
1 teaspoon sugar
½ teaspoon salt
2 19-ounce cans cannellini (white kidney) beans, rinsed and drained
1½ cups peeled, seeded, and coarsely chopped Golden Nugget or acorn squash (about 12 ounces)
½ cup sour cream
2 tablespoons lime juice
1 tablespoon snipped fresh chives
Whole fresh chives (optional)
Lime wedges (optional)

1 In a 3½- or 4-quart slow cooker stir together undrained tomatoes, beer, onion, garlic, chile pepper, cumin seeds, sugar, and salt. Stir in beans and squash.

2 Cover and cook on low-heat setting for 9 to 10 hours or on high-heat setting for 4½ to 5 hours.

3 In a small bowl stir together sour cream, lime juice, and snipped chives. Top each serving with sour cream mixture. If desired, garnish with whole chives and lime wedges.

nutrition facts per serving: 327 cal., 7 g total fat (3 g sat. fat), 11 mg chol., 1070 mg sodium, 60 g carb., 16 g dietary fiber, 20 g protein.

***note:** See tip on handling chile peppers.

****note:** To toast cumin seeds, place seeds in a dry skillet over low heat. Cook about 8 minutes or until fragrant, stirring often. Remove from heat; let cool. To crush the toasted seeds, use a spice grinder or a mortar and pestle.

10 chili toppers to try

For a crowd-pleasing chili buffet, serve up All-American Chili and set out a variety of toppers so everyone can create his or her own one-of-a-kind bowl.

1 Cheese and Nuts: Sprinkle chili with shredded Monterey Jack cheese, chopped lime-and-chili-flavor almonds or chopped toasted almonds, and snipped fresh herb.

2 Bacon and Onion: Top chili with crisp-cooked bacon and onion slices.

3 Jicama and Radish: Top chili with slivered jicama, slivered radishes, and finely shredded lime zest. Drizzle with fresh lime juice and sprinkle with cayenne pepper.

4 Popcorn: Top chili with popped popcorn seasoned with taco seasoning mix.

5 Avocado-Tomato Salsa: Top chili with peeled, seeded, and chopped avocado tossed with lime juice; quartered cherry tomatoes; and seeded and chopped jalapeño chile pepper.*

6 Fried Tortilla Crisps: Cut flour or corn tortillas into ½-inch strips. Fry strips in vegetable oil until crisp and golden; sprinkle strips with ground cumin. Top chili with strips.

7 Mango and Green Onions: Top chili with fresh mango and sliced green onions.

8 Cilantro Sour Cream: Combine one 8-ounce carton sour cream and ¼ cup snipped fresh cilantro. Top chili with sour cream mixture.

9 Jalapeño and Cheese: Top chili with shredded Chihuahua or cheddar cheese and sliced pickled jalapeño peppers.

10 Corn Bread Croutons: Cut an 8-inch square pan of baked corn bread into ¾-inch cubes. Spread cubes in an even layer in a 15×10×1-inch baking pan. Bake at 350°F for 8 minutes. Toss the cubes with ¼ cup melted butter. Bake for 2 minutes more; cool. Top chili with croutons and shredded cheddar cheese.

***note:** See tip on handling chile peppers.

7

dumpling delights

If you think dumplings are something only your grandmother had the time and talent to make, think again! These light and fluffy toppers stir together quickly and puff up magically in soups and stews your family will love.

Chili with Cheesy Corn Bread Dumplings
Beef Stew with Cornmeal–Green Onion Dumplings
Chicken Chowder with Dilly Dumplings
Easy Chicken and Dumplings
Chicken with Lemon-Thyme Dumplings
Vegetable Stew with Cornmeal Dumplings
Chicken-Broccoli Soup with Dumplings
Potato Soup with Dumplings
Turkey Stew with Biscuit-Style Dumplings
Sage and Chicken Soup with Dumplings
White Bean–Turkey Chili with Corn Bread Dumplings
Chicken Stew with Cheesy Garlic Dumplings
Chunky Tomato Soup with Basil Dumplings
Hearty Vegetable Stew with Carrot Dumplings

slowcooker

chili with cheesy corn bread dumplings

prep: 25 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high) + 25 minutes (high)

makes: 6 to 8 servings

Corn muffin mix is the secret for these quick-to-fix dumplings. If you have a round rather than an oval slow cooker, bake the extra dumpling batter in the oven to make two or three muffins.

1 pound boneless beef round steak or boneless pork shoulder, trimmed and cut into ½-inch cubes
½ cup chopped onion (1 medium)
¾ cup chopped green, red, or yellow sweet pepper (1 medium)
1 15-ounce can chili beans with chili gravy
1 15-ounce can kidney or pinto beans, rinsed and drained
1 14.5-ounce can Mexican-style stewed tomatoes, undrained and cut up
1 cup beef broth
1 to 2 teaspoons chopped canned chipotle peppers in adobo sauce*
1 teaspoon ground cumin
¾ teaspoon garlic salt
½ teaspoon dried oregano, crushed
1 recipe Corn Bread Dumplings
Shredded cheddar cheese
Green onion strips (optional)

1 In a 3½- or 4-quart slow cooker stir together meat, onion, sweet pepper, chili beans with chili gravy, beans, undrained tomatoes, broth, chipotle chile pepper, cumin, garlic salt, and oregano.

2 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

3 If using low-heat setting, turn to high-heat setting. If you have an oval slow cooker, drop all of the Corn Bread Dumplings batter onto the bubbling mixture in slow cooker. (If you have a round cooker, preheat oven to 400°F. Drop half of the Corn Bread Dumplings batter onto the bubbling mixture. Spoon remaining batter into two or three greased muffin cups. Bake for 15 to 18 minutes or until a toothpick inserted in the center comes out clean.)

4 Cover cooker and cook for 20 to 25 minutes more or until a toothpick inserted into dumplings comes out clean. Top individual servings with shredded cheddar cheese. If desired, garnish with green onion strips.

nutrition facts per serving: 529 cal., 17 g total fat (6 g sat. fat), 101 mg chol., 1256 mg sodium, 61 g carb., 9 g dietary fiber, 35 g protein.

***note:** See tip on handling chile peppers.

corn bread dumplings: In a large bowl combine one 8.5-ounce package corn muffin mix; ½ cup shredded cheddar cheese, Monterey Jack cheese, or Mexican cheese blend (2 ounces); and ¼ cup sliced green onion. In a small bowl beat 1 egg with a fork. Stir in ¼ cup sour cream. Stir egg mixture into corn muffin mixture.

beef stew with cornmeal–green onion dumplings

prep: 30 minutes **cook:** 1 hour 40 minutes
makes: 8 servings

Greet the first days of autumn with a steaming meal-in-a-bowl topped with cheesy corn bread muffins. For perfect dumplings, resist the urge to lift the lid and peek while they simmer.

1 tablespoon vegetable oil
2 pounds beef stew meat
1 28-ounce can diced tomatoes, undrained
1 cup beef broth
¼ cup coarse-grain Dijon-style mustard
2 cloves garlic, minced
1 teaspoon dried thyme, crushed
½ teaspoon salt
½ teaspoon dried oregano, crushed
½ teaspoon ground black pepper
1 20-ounce package refrigerated diced potatoes with onion
1 cup peeled baby carrots
1 9-ounce package frozen cut green beans
1 recipe Cornmeal–Green Onion Dumplings

1 In a 4-quart Dutch oven heat oil over medium heat. Add meat, half at a time; cook until brown. Return all meat to pan. Add undrained tomatoes, broth, mustard, garlic, thyme, salt, oregano, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 1 hour.

2 Add potatoes and carrots. Return to boiling; reduce heat. Simmer, covered, for 20 minutes. Stir in frozen green beans. Return to boiling; reduce heat.

3 Using two spoons, drop Cornmeal–Green Onion Dumplings dough in small mounds onto hot stew. Cook, covered, about 20 minutes more or until a toothpick inserted into a dumpling comes out clean. (Do not lift cover during cooking.)

nutrition facts per serving: 446 cal., 13 g total fat (4 g sat. fat), 104 mg chol., 1092 mg sodium, 47 g carb., 4 g dietary fiber, 33 g protein.

cornmeal–green onion dumplings: In a large bowl combine one 8.5-ounce package corn muffin mix; ½ cup shredded cheddar cheese, Monterey Jack cheese, or Mexican cheese blend (2 ounces); and ¼ cup sliced green onion. In a small bowl beat 1 egg with a fork. Stir in ¼ cup sour cream. Stir egg mixture into corn muffin mixture.

chicken chowder with dilly dumplings

start to finish: 40 minutes
makes: 4 servings

Savor extra-light dumplings that cook on top of a carrot- and corn-filled bubbling chowder.

1 tablespoon vegetable oil
1 pound skinless, boneless chicken thighs, cut into 1-inch pieces
1 cup all-purpose flour
1 teaspoon baking powder
½ teaspoon kosher salt or ¼ teaspoon regular salt
2 tablespoons shortening
1 tablespoon snipped fresh chives
2 teaspoons snipped fresh dill or ¾ teaspoon dried dill
¼ cup plain yogurt
¼ cup milk
3 cups reduced-sodium chicken broth
1 cup sliced leek or chopped onion*
1 cup chopped carrot (2 medium)
1 cup frozen whole-kernel corn
1 teaspoon snipped fresh dill or ½ teaspoon dried dill
2 tablespoons all-purpose flour
½ cup half-and-half or light cream

1 In a large saucepan heat oil over medium heat. Add chicken; cook and stir until chicken is brown and no longer pink. Using a slotted spoon, remove chicken from saucepan; set aside. Drain fat.

2 Meanwhile, for dumplings, in a medium bowl combine 1 cup flour, baking powder, and half of the salt. Cut in

shortening until mixture resembles coarse crumbs. Stir in chives and 2 teaspoons dill. Add yogurt and milk, stirring just until moistened; set aside.

3 In the same saucepan combine broth, leek, carrot, frozen corn, 1 teaspoon dill, and remaining salt. Bring to boiling; reduce heat. Drop dumpling batter into simmering liquid, making 8 mounds. Return to a gentle boil; reduce heat. Cover and simmer for 12 to 15 minutes or until a wooden toothpick inserted into dumplings comes out clean. (Do not lift lid during cooking.) Using a slotted spoon, transfer dumplings to a platter.

4 Stir chicken into mixture in saucepan. Stir 2 tablespoons flour into half-and-half. Stir flour mixture into the mixture in saucepan; cook and stir over medium heat until mixture is thickened and bubbly. Cook and stir for 1 minute more.

5 Top each serving with 2 dumplings.

nutrition facts per serving: 479 cal., 19 g total fat (6 g sat. fat), 107 mg chol., 914 mg sodium, 46 g carb., 3 g dietary fiber, 32 g protein.

***note:** See tip on cleaning leeks.

easy chicken and dumplings

prep: 25 minutes **cook:** 15 minutes
makes: 4 to 6 servings

Old-time recipes called for roasting the chicken, stirring together the soup base, and making dumpling batter by hand. Today's up-to-date version relies on convenient deli-roasted chicken, frozen veggies, condensed soup, and refrigerated corn bread twists.

1 2- to 2½-pound deli-roasted chicken
1 16-ounce package frozen mixed vegetables
1¼ cups reduced-sodium chicken broth or water
1 10.75-ounce can condensed cream of chicken soup
⅛ teaspoon ground black pepper
1 11.5-ounce package refrigerated corn bread twists

1 Remove string from chicken, if present. Remove and discard skin from chicken. Remove meat from bones. Chop or shred chicken (you should have 3½ to 4 cups chopped chicken). In a large saucepan stir together chicken, frozen vegetables, broth, cream of chicken soup, and pepper. Bring to boiling; reduce heat. Simmer, covered, about 15 minutes or until vegetables are tender.

2 Meanwhile, remove corn bread twists from package; cut along perforations. Lay twists on a baking sheet; roll 2 twists together to make a spiral. Repeat with remaining twists. Bake according to package directions.

3 Spoon chicken mixture into bowls. Top each serving with corn bread spirals.

nutrition facts per serving: 683 cal., 32 g total fat (9 g sat. fat), 106 mg chol., 1553 mg sodium, 56 g carb., 5 g dietary fiber, 44 g protein.

chicken with lemon-thyme dumplings

prep: 35 minutes **cook:** 10 minutes
makes: 4 servings

A refreshing hint of citrus accents thyme, sage, and marjoram in these tender dumplings.

¼ cup butter
¼ cup all-purpose flour
2½ cups chicken stock or broth
1 cup cake flour or all-purpose flour
1 teaspoon baking powder
½ teaspoon snipped fresh thyme or ⅛ teaspoon dried thyme, crushed
½ teaspoon sugar
¼ teaspoon salt
Pinch white pepper
Pinch ground sage
Pinch dried marjoram, crushed
½ cup milk
1 teaspoon finely shredded lemon zest
1 pound skinless, boneless chicken breasts, cut into 1-inch pieces
2 cups chicken stock or broth
¼ cup dry white wine, chicken stock, or broth
1 cup chopped celery (2 stalks)
1 cup chopped carrot (2 medium)
1 cup chopped, peeled celeriac or chopped, peeled potato
1 teaspoon snipped fresh thyme or ¼ teaspoon dried thyme, crushed

1 For sauce, in a small saucepan melt butter. Stir in ¼ cup flour. Cook and stir over medium heat for 3 minutes. Stir in 2½ cups stock. Simmer gently, uncovered, for 20 minutes, stirring often. Set aside.

2 Meanwhile, for dumplings, in a medium mixing bowl stir together 1 cup flour, baking powder, ½ teaspoon thyme, sugar, salt, white pepper, sage, and marjoram. Add milk and lemon zest; stir until just moistened. Set aside.

3 In a 3-quart saucepan combine chicken pieces, 2 cups stock, wine, celery, carrot, celeriac, and 1 teaspoon thyme. Bring to boiling. Reduce heat; let simmer.

4 Using a small ice-cream scoop or 2 spoons, drop dumpling batter onto simmering liquid, making 8 mounds. Simmer, covered, for about 10 minutes or until chicken is no longer pink and a wooden toothpick inserted into dumplings comes out clean. (Do not lift lid during cooking.)

5 Using a slotted spoon, remove dumplings from vegetable mixture. Drain and discard chicken liquid from vegetable mixture. Stir in sauce. Return dumplings to saucepan; heat through. Top each serving with 2 dumplings.

nutrition facts per serving: 452 cal., 17 g total fat (9 g sat. fat), 92 mg chol., 1048 mg sodium, 43 g carb., 3 g dietary fiber, 37 g protein.

slowcooker lowfat

vegetable stew with cornmeal dumplings

prep: 25 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high) + 50 minutes (high)

makes: 6 servings

Watch the dumplings through the transparent cooker lid as they cook in this Italian-inspired stew. Lifting the lid during cooking slows down the process.

3 cups chopped, peeled butternut or acorn squash (1 pound)
2 cups sliced fresh mushrooms
2 14.5-ounce cans diced tomatoes, undrained
1 15-ounce can Great Northern beans, rinsed and drained
1 cup water
4 cloves garlic, minced
1 teaspoon dried Italian seasoning, crushed
¼ teaspoon ground black pepper
½ cup all-purpose flour
⅓ cup cornmeal
2 tablespoons grated Parmesan cheese
1 tablespoon snipped fresh Italian parsley
1 teaspoon baking powder
¼ teaspoon salt
1 egg, lightly beaten
2 tablespoons milk
2 tablespoons vegetable oil
1 9-ounce package frozen Italian green beans or cut green beans

Paprika

1 In a 3½- or 4-quart slow cooker combine squash and mushrooms. Stir in undrained tomatoes, Great Northern beans, the water, garlic, Italian seasoning, and pepper.

2 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

3 Shortly before serving, for dumplings, in a medium bowl stir together flour, cornmeal, cheese, parsley, baking powder, and salt. In a small bowl combine egg, milk, and oil. Stir egg mixture into flour mixture just until combined.

4 If using low-heat setting, turn to high-heat setting. Stir in frozen green beans. Drop dumpling dough by the tablespoon onto the mixture. Sprinkle with paprika; cook, covered, for 50 minutes more. (Do not lift lid during cooking.)

nutrition facts per serving: 288 cal., 7 g total fat (2 g sat. fat), 37 mg chol., 442 mg sodium, 45 g carb., 7 g dietary fiber, 12 g protein.

chicken-broccoli soup with dumplings

prep: 15 minutes **cook:** 10 minutes
makes: 4 servings

While canned soup adds extra flavor and richness, frozen broccoli and ready-made cooked chicken make this a quick-to-fix soup. Dress it up with savory dumplings for a family-pleasing meal.

2 10.75-ounce cans condensed cream of chicken soup
3 cups milk
1½ cups frozen cut broccoli
1 9-ounce package frozen chopped, cooked chicken breast
½ cup coarsely shredded carrot (1 medium)
1 teaspoon Dijon-style mustard
¼ teaspoon dried thyme, crushed
1 recipe Savory Dumplings
½ cup shredded cheddar cheese (2 ounces)

1 In a 4-quart Dutch oven, combine soup, milk, frozen broccoli, frozen chicken, carrot, mustard, and thyme. Bring to boiling; reduce heat.

2 Using 2 spoons, drop Savory Dumplings dough onto hot soup, making 4 or 5 mounds. Reduce heat. Simmer, covered, for 10 to 12 minutes more or until a toothpick inserted into a dumpling comes out clean. (Do not lift cover during cooking.) Sprinkle dumplings with cheese.

nutrition facts per serving: 535 cal., 26 g total fat (9 g sat. fat), 75 mg chol., 1701 mg sodium, 42 g carb., 3 g dietary fiber,

23 g protein.

savory dumplings: In a small bowl combine ⅔ cup all-purpose flour and 1 teaspoon baking powder. Add ¼ cup milk and 2 tablespoons vegetable oil. Stir just until moistened.

what's the secret?

Here's how to get the best-quality dumplings:

- *Be sure the stew is bubbling before dropping the dough on top.*
- *Cover the Dutch oven and don't peek until the minimum cooking time is up. The hot, steamy environment creates tender dumplings that won't deflate.*
- *Insert a wooden toothpick into one of the dumplings. If it comes out clean, the dumplings are done.*

lowfat

potato soup with dumplings

prep: 25 minutes **cook:** 25 minutes
makes: 10 servings

This traditional German-Russian soup, also known as knoephla, is commonly served in the upper Midwest.

2 14-ounce cans reduced-sodium chicken broth or 3½ cups chicken stock
1 1.8-ounce envelope dry white sauce mix
4 cups chopped potato (4 large)
1 cup chopped onion (1 large)
1 cup diced cooked ham or Canadian-style bacon (5 ounces)
1 12-ounce can evaporated milk
½ teaspoon ground white or black pepper
1 recipe Old-Fashioned Dumplings
¼ cup snipped fresh parsley

1 In a 4-quart Dutch oven gradually stir broth into white sauce mix until smooth. Stir in potato, onion, ham, evaporated milk, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes, stirring occasionally.

2 Using rounded teaspoonfuls, drop Old-Fashioned Dumplings dough onto hot soup. Return to boiling; reduce heat. Simmer, uncovered, for 10 to 15 minutes more or until potatoes are tender and a toothpick inserted into a dumpling comes out clean. Sprinkle with parsley.

nutrition facts per serving: 241 cal., 8 g total fat (3 g sat. fat), 38 mg chol., 671 mg sodium, 33 g carb., 2 g dietary fiber, 9 g

protein.

old-fashioned dumplings: In a medium bowl stir together 1½ cups all-purpose flour, 1 teaspoon baking powder, and ¼ teaspoon salt. Make a well in the center of the flour mixture. In a small bowl lightly beat 1 egg with a fork. Stir in ½ cup milk and 2 tablespoons vegetable oil. Add egg mixture to flour mixture. Stir with a fork until flour mixture is moistened.

slowcooker lowfat

turkey stew with biscuit-style dumplings

prep: 20 minutes **slow cook:** 6 to 7 hours (low) or 3 to 3½ hours (high) + 45 minutes (high) **stand:** 15 minutes
makes: 6 servings

The key to creating light and fluffy dumplings is to drop the dough into the bubbling stew and cover the slow cooker immediately. The hot, steamy environment creates tender dumplings every time.

1½ cups thinly sliced carrot (3 medium)
1½ cups thinly sliced celery (3 stalks)
1 medium onion, cut in very thin wedges
1¼ pounds turkey breast tenderloin, cut into ¾-inch cubes
1 14-ounce can reduced-sodium chicken broth
1 10.75-ounce can reduced-fat and low-sodium condensed cream of chicken soup
2 teaspoons dried sage, crushed
¼ teaspoon ground black pepper
1 cup all-purpose flour
1 teaspoon baking powder
⅛ teaspoon salt
2 tablespoons shortening
½ cup fat-free milk
¼ cup all-purpose flour

1 In a 3½- or 4-quart slow cooker combine carrot, celery, and onion; stir in turkey. Set aside ½ cup of the broth. In a medium bowl combine remaining broth, cream of chicken soup, sage, and pepper; stir into mixture in slow cooker.

2 Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.

3 For dumplings, stir together 1 cup flour, baking powder, and salt. Using a pastry blender, cut in shortening until mixture resembles coarse crumbs. Add milk and stir just until moistened.

4 If using low-heat setting, turn to high-heat setting. In a small bowl, whisk together reserved ½ cup broth and ¼ cup flour; stir into mixture in slow cooker. Drop biscuit dough by teaspoonfuls onto mixture in slow cooker. Cover and cook for 45 minutes more. (Do not lift cover during cooking.)

5 Remove insert from slow cooker, if possible, or turn off slow cooker. Let stand, covered, for 15 minutes before serving.

nutrition facts per serving: 300 cal., 6 g total fat (2 g sat. fat), 63 mg chol., 516 mg sodium, 32 g carb., 3 g dietary fiber, 29 g protein.

sage and chicken soup with dumplings

prep: 30 minutes **cook:** 18 minutes
makes: 8 servings

Kalamata olives, lemon juice, and sage lend a Mediterranean note to this creamy chicken soup. Serve it with focaccia, a crisp green salad, and gelato for dessert.

2 cups sliced fresh mushrooms
1 cup chopped onion (2 large)
1 tablespoon olive oil
¼ cup all-purpose flour
6 cups reduced-sodium chicken broth
1 2- to 2½-pound deli-roasted chicken, skinned, boned, and cut into chunks
2 cups frozen peas
½ cup pitted kalamata olives, halved
1 tablespoon lemon juice
1 teaspoon ground sage
1 recipe Buttermilk Dumplings
Thinly sliced green onion (optional)
Fried Sage Leaves (optional)

1 In a 4-quart Dutch oven cook mushrooms and onions in hot oil over medium heat for 6 to 8 minutes or until liquid has evaporated. Stir in flour until combined. Add broth all at once; cook and stir until thickened and bubbly. Stir in chicken, frozen peas, olives, lemon juice, and ground sage. Return to boiling.

2 Prepare Buttermilk Dumplings dough; drop dough, ⅓ cup at a time, onto boiling soup. Simmer, covered, for 10 minutes or until toothpick inserted near centers comes out clean. (Do not lift cover during cooking.) If desired, sprinkle servings with green onion and Fried Sage Leaves.

nutrition facts per serving: 367 cal., 12 g total fat (2 g sat. fat), 56 mg chol., 776 mg sodium, 37 g carb., 4 g dietary fiber, 25 g protein.

buttermilk dumplings: Combine 2 cups all-purpose flour, ½ teaspoon baking powder, ¼ teaspoon baking soda, and ¼ teaspoon salt. Stir in ¼ cup sliced green onion and 1 tablespoon snipped Italian parsley. Add 1 cup buttermilk and 2 tablespoons olive oil; stir until moistened.

fried sage leaves: Heat ¼ cup olive oil over medium heat. Add 8 sage sprigs, 2 at a time. Cook for 30 to 60 seconds, until crisp; drain on paper towels.

white bean–turkey chili with corn bread dumplings

start to finish: 22 minutes
makes: 4 servings

This hearty and delicious soup, crowned with tender corn bread dumplings, gets an extra burst of flavor from the zesty salsa.

1 pound cooked turkey
1 16-ounce jar chunky salsa
1 15-ounce can cannellini (white kidney) beans, rinsed and drained
1 teaspoon chili powder
⅔ cup water
1 8.5-ounce package corn bread mix
1 egg
¼ cup water
¼ cup shredded cheddar cheese (1 ounce) (optional)
Slivered green onion (optional)
Chili powder (optional)

1 Chop turkey. In a Dutch oven combine turkey, salsa, beans, chili powder, and the ⅔ cup water. Bring to boiling.

2 Meanwhile, for dumplings, in a medium bowl mix together corn bread mix, egg, and the ¼ cup water. Drop batter by rounded tablespoonfuls onto boiling turkey chili.

3 Reduce heat. Simmer, covered, for 10 to 15 minutes or until a wooden pick inserted into a dumpling comes out clean. (Do not lift cover during cooking.) Top each serving with cheese, green onion, and chili powder, if desired.

nutrition facts per serving: 555 cal., 15 g total fat (4 g sat. fat), 140 mg chol., 1618 mg sodium, 64 g carb., 11 g dietary fiber, 47 g protein.

chicken stew with cheesy garlic dumplings

prep: 20 minutes **cook:** 25 minutes
makes: 6 servings

This hearty, home-style stew will win your family's approval. You'll love the simplicity of not having to brown the chicken and using biscuit mix for the tender dumplings.

1½ cups water
½ of a 1.8-ounce package dry onion-mushroom soup mix
1½ pounds skinless, boneless chicken breasts or thighs, cut into bite-size pieces
3 cups cubed, peeled potato (3 medium)
1½ cups sliced carrot (3 medium)
1 teaspoon dried sage, crushed
⅛ teaspoon ground black pepper
1 recipe Cheesy Garlic Dumplings

1 In a 4-quart Dutch oven stir together the water and soup mix. Add chicken, potato, carrot, dried sage, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 10 to 15 minutes or until vegetables are almost tender.

2 Using 2 spoons, drop Cheesy Garlic Dumplings dough into simmering chicken mixture, making 6 mounds. Simmer, covered, for 15 to 20 minutes more or until a toothpick inserted in center of a dumpling comes out clean. (Do not lift cover during cooking.)

nutrition facts per serving: 379 cal., 9 g total fat (3 g sat. fat), 66 mg chol., 651 mg sodium, 42 g carb., 3 g dietary fiber, 30

g protein.

cheesy garlic dumplings: Prepare one 7.75-ounce package cheese-garlic or three-cheese complete biscuit mix according to package directions, except stir ¼ cup cornmeal into dry biscuit mix and increase the water to ¾ cup.

lowfat

chunky tomato soup with basil dumplings

prep: 40 minutes **cook:** 30 minutes
makes: 6 servings

Dainty basil-flavored dumplings set this delicious soup apart from any tomato soup you've sampled before.

2 tablespoons olive oil
1 cup coarsely chopped onion (1 large)
2 tablespoons chopped shallot
2 cloves garlic, minced
1 14-ounce can reduced-sodium chicken broth
½ cup coarsely chopped carrot (1 medium)
½ cup coarsely chopped celery (1 stalk)
½ cup coarsely chopped red sweet pepper (1 small)
1 tablespoon lemon juice
½ teaspoon sugar
1 14.5-ounce can diced tomatoes, undrained
Pinch cayenne pepper
1 recipe Basil Dumplings
Salt
Ground black pepper
Fresh basil sprigs (optional)

1 In a large saucepan heat oil over medium heat. Add onion, shallot, and garlic; cook about 5 minutes or until onion is tender, stirring frequently. Add broth, carrot, celery, sweet pepper, lemon juice, and sugar. Bring to boiling;

reduce heat. Simmer, covered, for 20 to 25 minutes or until vegetables are very tender. Cool slightly (do not drain).

2 Transfer vegetable mixture, half at a time, to a blender or food processor. Cover and blend or process until smooth. Return pureed mixture to saucepan.

3 Stir in undrained tomatoes and cayenne pepper. Cook, uncovered, over low heat about 10 minutes or until heated through, stirring often.

4 Meanwhile, fill a Dutch oven half-full with water; bring to boiling. Using a slightly rounded ½-teaspoon measuring spoon, drop Basil Dumplings dough into boiling water. Cook for 4 to 5 minutes (start timing after dough rises to the surface) or until a toothpick inserted into a dumpling comes out clean. Using a slotted spoon, remove the dumplings; drain in a colander. Rinse dumplings under cold running water; drain again.

5 Add half of the dumplings to soup in saucepan; heat through. Season to taste with salt and black pepper. Ladle into soup bowls. Top with remaining dumplings. If desired, garnish with basil sprigs.

nutrition facts per serving: 141 cal., 8 g total fat (1 g sat. fat), 35 mg chol., 817 mg sodium, 15 g carb., 2 g dietary fiber, 3 g protein.

basil dumplings: In a small bowl combine ⅓ cup all-purpose flour, 1 tablespoon snipped fresh basil, ½ teaspoon salt, and ¼ teaspoon baking powder. In a small bowl, beat 1 egg with a fork; add 2 teaspoons vegetable oil, stirring until mixed. Add the egg mixture to flour mixture. Using a wooden spoon, beat until a soft, sticky dough forms.

hearty vegetable stew with carrot dumplings

prep: 50 minutes **cook:** 12 minutes
makes: 8 servings

This cheese-topped vegetable stew gets a winning twist from the carrot dumplings on top.

2 tablespoons vegetable oil
4 carrots, cut into ¼-inch slices (2 cups)
1½ cups chopped onion (3 medium)
3 stalks celery, cut into ¼-inch slices
3 cups water
4 potatoes, peeled, if desired, and cut into ¼-inch slices (about 4 cups)
2⅔ cups coarsely chopped tomato (8 small)
3 vegetable bouillon cubes
2 cloves garlic, minced
½ teaspoon ground black pepper
½ cup cold water
¼ cup all-purpose flour
1 cup coarsely chopped cabbage
1 cup frozen peas
1 recipe Carrot Dumplings
2 cups shredded cheddar cheese (8 ounces)

1 In a Dutch oven heat oil over medium heat. Add carrots, onion, and celery; cook, covered, about 5 minutes or until tender, stirring occasionally. Stir in the 3 cups water, potatoes, tomato, bouillon cubes, garlic, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 15 to 20 minutes or until potatoes are almost tender.

2 In a screw-top jar combine the ½ cup cold water and flour; cover and shake until well mixed. Stir flour mixture into vegetable mixture in Dutch oven; cook and stir until thickened and bubbly.

3 Gently stir cabbage and frozen peas into stew. Using 2 spoons, drop Carrot Dumplings dough onto hot stew, making 8 mounds. Simmer, covered, about 12 minutes more or until a toothpick inserted into a dumpling comes out clean. (Do not lift cover during cooking.) Sprinkle each serving with cheese.

nutrition facts per serving: 328 cal., 22 g total fat (2 g sat. fat), 105 mg chol., 921 mg sodium, 55 g carb., 3 g dietary fiber, 12 g protein.

carrot dumplings: In a large bowl stir together 2¼ cups packaged biscuit mix, 1 cup finely shredded carrot, and 1 tablespoon snipped fresh parsley. Add 1 cup water; stir with a fork just until combined.

8

make it meatless

Toothsome grains—barley, bulgur, and rice—and protein-rich legumes, including beans, split peas, and lentils, star in these bright, beautiful bowls, making it easy to incorporate meatless options into everyday cooking. It’s hearty vegetarian fare that even meat lovers will rave about.

Cajun-Seasoned Vegetarian Gumbo
Spicy Tortellini Stew
French Lentil, Leek, and Mushroom Soup
Rustic Italian Stew
Fava Bean and Chard Soup
Lemony Lentil Soup with Greens
Barley-Vegetable Soup
Indian-Style Vegetable and Lentil Stew
Curry-Ginger Lentil Soup
Cheddar Soup
Vegetarian Green Chili
Two-Bean Chili with Avocado
Savory Bean and Kale Soup
Split Pea Soup with Herbed Crostini
Thick Hummus-Style Soup
Red Bean and Brown Rice Stew
Creamy Succotash Soup
Savory Barley, Bean, and Mushroom Soup
Minestrone with Mushrooms and Feta
Italian-Style Lentil Soup
Hearty Onion-Lentil Soup
Chunky Vegetable-Lentil Soup
Smashed Potato Soup
Garbanzo Bean Stew
Tomato-Lentil Soup

Vegetable Stew with Parmesan Toast
Curried Lentil Soup
Italian Bean and Pasta Soup
Broccoli-Potato Soup with Greens
Vegetarian Black Bean Soup
Tofu-Carrot Soup
Pumpkin, Chickpea, and Red Lentil Stew
Cheesy Potato Soup
Potato and White Bean Chowder

slowcooker lowfat

cajun-seasoned vegetarian gumbo

prep: 10 minutes **slow cook:** 6 to 8 hours (low) or 3 to 4 hours (high)
makes: 6 servings

Spunky Cajun seasoning, velvety black beans, and colorful vegetables keep this lively, loaded gumbo interesting. There's plenty of saucy liquid to flavor accompanying rice.

2 15-ounce cans black beans, rinsed and drained
1 28-ounce can diced tomatoes, undrained
1 16-ounce package frozen sweet pepper and onion stir-fry vegetables
2 cups frozen cut okra
2 to 3 teaspoons Cajun seasoning
3 cups hot cooked white or brown rice
Chopped green onion (optional)

1 In a 3½- to 4½-quart slow cooker combine beans, undrained tomatoes, frozen stir-fry vegetables, frozen okra, and Cajun seasoning.

2 Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.

3 Serve gumbo in shallow bowls over rice. If desired, sprinkle with green onion.

nutrition facts per serving: 250 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 675 mg sodium, 52 g carb., 10 g dietary fiber, 14

g protein.

lowfat

spicy tortellini stew

start to finish: 40 minutes
makes: 6 servings

Stock your pantry and fridge with the ingredients here so you'll be ready to whip up a soup on a weeknight that offers home-cooked comfort.

8 ounces fresh mushrooms, sliced (3 cups)
½ cup chopped onion (1 medium)
2 tablespoons olive oil
2 14.5-ounce cans diced tomatoes, undrained
1 14-ounce can vegetable broth
1 8-ounce can tomato sauce
½ cup bottled salsa
2 teaspoons dried Italian seasoning, crushed
1 7-ounce package dried cheese tortellini

1 In a Dutch oven cook mushrooms and onion in hot oil over medium heat for 5 to 8 minutes or until mushrooms are tender, stirring occasionally.

2 Stir in undrained tomatoes, vegetable broth, tomato sauce, salsa, and Italian seasoning. Add tortellini. Bring to boiling; reduce heat. Simmer, covered, about 20 minutes or until tortellini is tender, stirring occasionally.

nutrition facts per serving: 237 cal., 8 g total fat (1 g sat. fat), 0 mg chol., 1153 mg sodium, 33 g carb., 4 g dietary fiber, 10 g protein.

lowfat

french lentil, leek, and mushroom soup

prep: 30 minutes **cook:** 35 minutes
makes: 8 servings

Hearty and rustic French lentils—or lentilles du Puy—are smaller and darker than regular brown lentils and hold their shape better during cooking. Look for them at specialty or natural food stores or online. If French lentils aren't available, brown lentils will work just as well.

1 32-ounce carton reduced-sodium vegetable broth
2½ cups water
1½ cups French lentils or brown lentils, rinsed and drained
3 cups sliced fresh cremini and/or button mushrooms (8 ounces)
3 medium carrots or 2 yellow beets, peeled and coarsely chopped (1½ cups)
⅔ cup thinly sliced leek (2 medium)*
1 tablespoon olive oil
4 cups chopped kale or chopped fresh spinach
1 teaspoon dried thyme or marjoram, crushed
½ teaspoon salt
¼ teaspoon cracked black pepper
2 14.5-ounce cans no-salt-added diced tomatoes, drained
⅓ cup purchased basil pesto

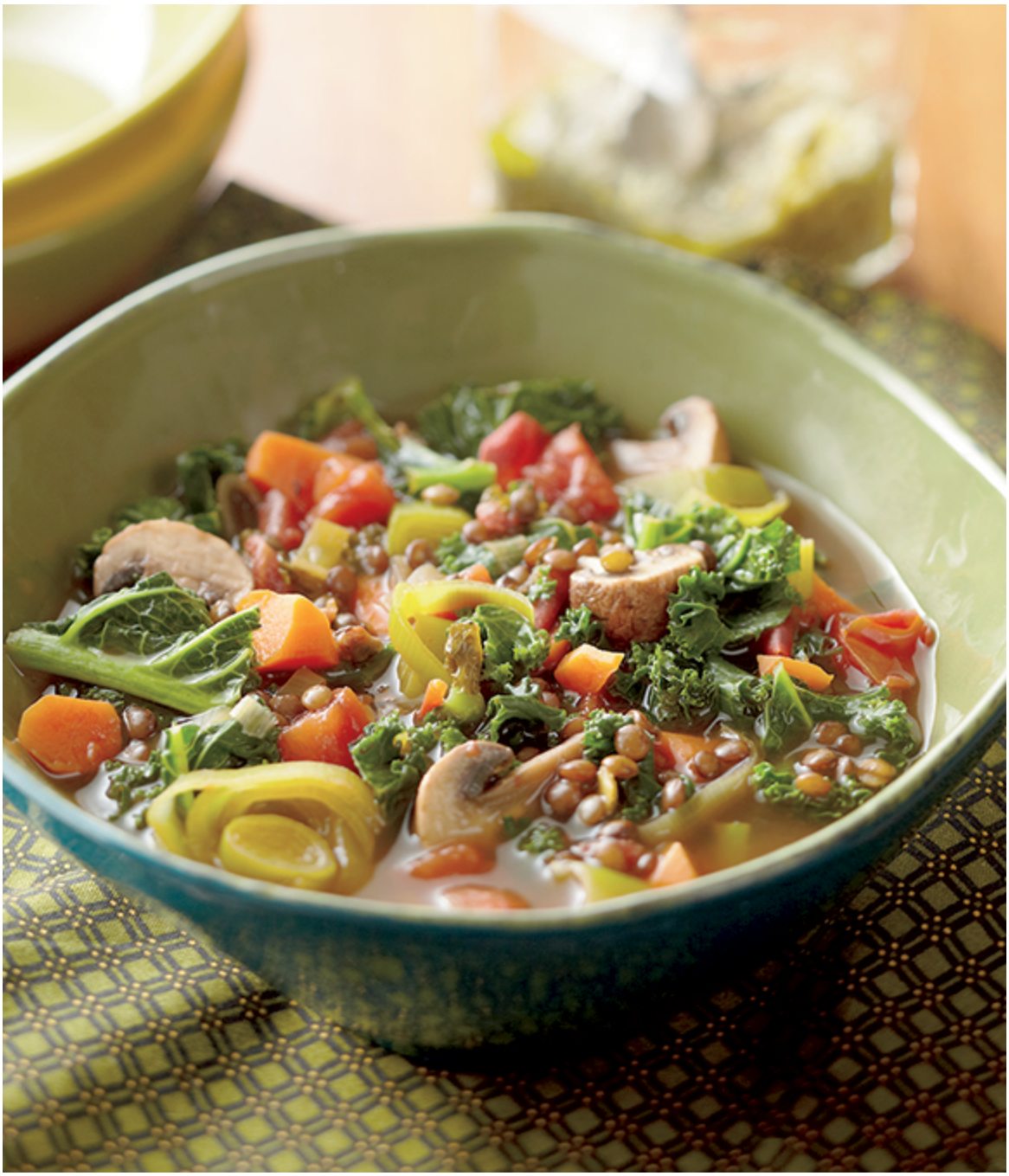
1 In a Dutch oven bring broth and the water to boiling. Add lentils. Return to boiling; reduce heat. Simmer, covered, for 15 minutes.

2 Meanwhile, in a large skillet cook mushrooms, carrots, and leek in hot oil over medium heat about 5 minutes or until leek is tender. Stir mushroom mixture, kale, thyme, salt, and pepper into the lentil mixture. Bring to boiling; reduce heat. Simmer, covered, about 15 minutes or until lentils are tender. Stir in drained tomatoes; heat through.

3 Top each serving with a spoonful of pesto.

nutrition facts per serving: 267 cal., 7 g total fat (1 g sat. fat), 3 mg chol., 383 mg sodium, 39 g carb., 15 g dietary fiber, 14 g protein.

***note:** See tip on cleaning leeks.



slowcooker lowfat

rustic italian stew

prep: 20 minutes **slow cook:** 7 to 8 hours (low) or 3½ to 4 hours (high)
makes: 8 servings

This dish is inspired by the much-loved cuisine of Tuscany, Italy, where native diners enjoy white beans so much in their hearty and satisfying cuisine, they've earned the nickname mangiafagioli—"bean eaters."

Nonstick cooking spray
2 yellow summer squash, halved lengthwise and sliced (2½ cups)
8 ounces fresh button mushrooms, quartered (3 cups)
1 15-ounce can navy beans, rinsed and drained
2 green sweet peppers, cut into 1-inch pieces (1 cup)
1 zucchini, halved lengthwise and sliced (1¼ cups)
1 onion, cut into thin wedges (1 cup)
1 tablespoon olive oil
1 teaspoon salt
1 teaspoon dried Italian seasoning, crushed
⅛ to ¼ teaspoon crushed red pepper flakes (optional)
2 14.5-ounce cans stewed tomatoes, undrained and cut up
2 cups shredded mozzarella cheese (8 ounces)

1 Lightly coat the inside of a 5- to 6-quart slow cooker with cooking spray. In prepared cooker combine yellow squash, mushrooms, navy beans, sweet pepper, zucchini, onion, oil, salt, Italian seasoning, and, if desired, red pepper flakes. Pour undrained tomatoes over all.

2 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.

3 Sprinkle each serving with mozzarella cheese.

nutrition facts per serving: 433 cal., 9 g total fat (4 g sat. fat), 22 mg chol., 959 mg sodium, 25 g carb., 6 g dietary fiber, 14 g protein.

lowfat

fava bean and chard soup

prep: 50 minutes **soak:** overnight **cook:** 2 hours
makes: 8 servings

This hearty vegetarian soup features three kinds of beans, split peas, and lentils. It pairs well with a slice of crunchy toasted ciabatta.

8 ounces dried fava beans
4 ounces dried red kidney beans
4 ounces dried garbanzo beans (chickpeas)
4 ounces dried split peas, rinsed and drained
4 ounces lentils, rinsed and drained
2 teaspoons salt
9 cups water
8 ounces Swiss chard, chopped
1 cup chopped celery (2 stalks)
½ cup chopped onion (1 medium)
2 tablespoons snipped dried tomatoes (not oil-packed)
3 cloves garlic, minced
1 teaspoon fennel seeds, crushed
Ground black pepper
Fennel leaves (optional)
Olive oil

1 Rinse fava, kidney, and garbanzo beans. Place beans in a 4- to 5-quart Dutch oven; add enough water to cover. Cover and let soak overnight.*

2 Drain and rinse beans. Remove fava beans and squeeze off skins. Return kidney and garbanzo beans to Dutch oven; add fava beans. Stir in split peas, lentils, and 2 teaspoons

salt. Add the 9 cups water. Bring to boiling; reduce heat. Simmer, covered, for 1 hour.

3 Stir in chard, celery, onion, dried tomatoes, garlic, and fennel seeds. Return to boiling; reduce heat. Simmer, covered, about 1 hour more or until beans are very tender and mixture is thick, adding additional water during cooking if necessary. Season to taste with salt and pepper.

4 If desired, garnish each serving with fennel leaves and drizzle with oil.

nutrition facts per serving: 341 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 755 mg sodium, 55 g carb., 22 g dietary fiber, 22 g protein.

***note:** If you don’t want to soak the beans overnight, use this method: Rinse fava beans. In a large saucepan combine fava beans and 4 cups water. Bring to boiling; reduce heat. Simmer, covered, for 15 to 20 minutes or until skins are softened. Remove from heat. Cover and let stand for 1 hour. Drain and rinse fava beans; squeeze off skins. Meanwhile, rinse kidney and garbanzo beans. Place beans in a 4- to 5-quart Dutch oven; add 8 cups water. Bring to boiling; reduce heat. Simmer, uncovered, for 2 minutes. Remove from heat. Cover and let stand for 1 hour. Drain and rinse beans. Return kidney and garbanzo beans to Dutch oven; add fava beans. Continue as directed in Step 2.

lowfat

lemony lentil soup with greens

prep: 25 minutes **cook:** 30 to 35 minutes
makes: 8 servings

Lentils come in several colors—green, brown, red, and yellow. Any would work well in this hearty, healthy soup, which comes with a tasty hint of citrus.

2 teaspoons canola oil
⅓ cup chopped onion (1 small)
½ cup chopped carrot (1 medium)
1 cup chopped celery (2 stalks)
2 cloves garlic, minced
12 cups reduced-sodium chicken broth, plus more as needed
1 1-pound package green lentils
1 teaspoon dried basil
1 teaspoon dried thyme
1 teaspoon salt
8 cups chopped kale leaves (about 6 ounces)
3 tablespoons lemon juice
1 teaspoon finely grated lemon zest

1 In a 6-quart pot heat oil over medium-high heat. Add onion; cook for 3 to 5 minutes or until tender. Add carrot, celery, and garlic; cook covered, stirring occasionally, for 5 minutes or until the carrot is tender.

2 Add 12 cups broth, lentils, basil, thyme, and salt. Bring to boiling; reduce heat. Add kale. Simmer, covered, for 30 to 35 minutes, or until lentils are tender, adding additional broth if necessary. Stir in lemon juice and top with lemon zest before serving.

nutrition facts per serving: 313 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 445 mg sodium, 48 g carb., 19 g dietary fiber, 24 g protein.

slowcooker lowfat

barley-vegetable soup

prep: 25 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high)
makes: 6 servings

This soup recipe is a vegetarian delight. It's full of vegetables, mushrooms, barley, and red beans—all slow cooked to perfection for those busy weeknights. Using regular barley instead of instant will give you a pleasantly chewy texture.

1 cup chopped onion (1 large)
½ cup bias-sliced carrot (1 medium)
½ cup sliced celery (1 stalk)
2 cups sliced fresh mushrooms
1 15-ounce can red beans, rinsed and drained
1 14.5-ounce can stewed tomatoes, undrained
1 10-ounce package frozen whole-kernel corn
½ cup regular barley (not quick-cooking)
2 teaspoons dried Italian seasoning, crushed
¼ teaspoon ground black pepper
3 cloves garlic, minced
5 cups vegetable or chicken broth

1 In a 3½- to 5-quart slow cooker toss together onion, carrot, and celery. Add mushrooms, beans, undrained tomatoes, frozen corn, barley, Italian seasoning, pepper, and garlic. Pour broth over all.

2 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

nutrition facts per serving: 228 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 1212 mg sodium, 47 g carb., 8 g dietary fiber, 9 g protein.

lowfat

indian-style vegetable and lentil stew

prep: 30 minutes **cook:** 45 minutes
makes: 5 servings

A medley of spices—cumin, mustard, and curry—adds beautiful depth to this stew. Sautéing the cumin and mustard seeds in the beginning toasts the spices, further enhancing their flavors.

1 tablespoon mustard seeds
1 tablespoon cumin seeds
1 tablespoon olive oil
1½ cups chopped carrot (3 medium)
¾ cup chopped green sweet pepper (1 medium)
½ cup chopped onion (1 medium)
½ teaspoon salt
¼ teaspoon ground black pepper
4 cups water
1 6-ounce can tomato paste
1 15- to 16-ounce can garbanzo beans (chickpeas), rinsed and drained
1 14.5-ounce can diced tomatoes, drained
1 tablespoon lemon juice
3 cloves garlic, minced
1 teaspoon curry powder
1 teaspoon ground cumin
½ teaspoon crushed red pepper flakes
1 sweet potato, peeled and cut into ½-inch pieces

1 cup red lentils
½ cup coarsely chopped fresh cilantro

1 In a Dutch oven toast mustard and cumin seeds in hot oil over medium heat until fragrant and beginning to pop.

2 Add carrot, sweet pepper, onion, salt, and black pepper; cook, stirring occasionally, for 8 minutes or until vegetables begin to soften.

3 Stir in the water, tomato paste, beans, drained tomatoes, lemon juice, garlic, curry powder, ground cumin, and red pepper flakes. Bring to boiling. Add sweet potato and lentils. Reduce heat. Simmer, covered, for 30 minutes or until lentils and sweet potato are tender, stirring occasionally. Stir in cilantro before serving.

nutrition facts per serving: 378 cal., 5 g total fat (.7 g sat. fat), 0 mg chol., 975 mg sodium, 68 g carb., 22 g dietary fiber, 19 g protein.

lowfat

curry-ginger lentil soup

prep: 20 minutes **cook:** 30 minutes
makes: 4 to 6 servings

Serve this fiber-rich soup with a salad of fresh romaine, marinated artichoke hearts, and thinly sliced red onions, tossed with Caesar dressing.

1 tablespoon olive oil
½ cup chopped onion (1 medium)
1 jalapeño pepper, seeded and finely chopped*
1 teaspoon grated fresh ginger
3 cloves garlic, minced
2 14-ounce cans vegetable broth or 3½ cups homemade vegetable stock
2 cups cubed, peeled sweet potato
2 cups chopped tomato
1 cup water
1 cup brown lentils
1 tablespoon curry powder
Salt
Plain yogurt or sour cream (optional)

In a 4-quart Dutch oven heat oil. Add onion, chile pepper, ginger, and garlic; cook and stir over medium heat until tender. Add broth, sweet potato, tomato, the water, lentils, curry powder, and salt. Bring to boiling; reduce heat. Simmer, covered, for 25 to 30 minutes or until lentils are tender. If desired, top each serving with yogurt.

nutrition facts per serving: 328 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 886 mg sodium, 57 g carb., 19 g dietary fiber, 18 g protein.

***note:** See tip on handling chile peppers.

lowfat

cheddar soup

prep: 40 minutes **cook:** 25 minutes
makes: 6 servings

Nothing says comfort like a hot bowl of cheese soup. This version uses reduced-fat milk and cheese to keep it healthful.

½ cup sliced celery (1 stalk)
1 cup chopped onion (1 large)
4 cloves garlic, sliced
1 tablespoon olive oil
3 14-ounce cans reduced-sodium chicken broth
2 12-ounce cans evaporated fat-free milk
½ cup all-purpose flour
2 cups reduced-fat shredded cheddar cheese (8 ounces)
¼ teaspoon ground white pepper (optional)
½ cup reduced-fat shredded cheddar cheese (2 ounces) (optional)

1 In a Dutch oven cook celery, onion, and garlic in hot oil until tender. Add broth. Bring to boiling; reduce heat. Simmer, covered, for 25 minutes.

2 Strain vegetables, reserving broth. Return broth to Dutch oven; discard vegetables. In a medium bowl stir together evaporated milk and flour. Stir into broth; cook and stir until thickened and bubbly. Reduce heat to low.

3 Add 2 cups cheese; cook and stir until cheese is melted. If desired, stir in white pepper. If desired, sprinkle each serving with some of the ½ cup cheese.

nutrition facts per serving: 294 cal., 10 g total fat (6 g sat. fat), 32 mg chol., 928 mg sodium, 26 g carb., 0 g dietary fiber, 22 g protein.

vegetarian green chili

prep: 25 minutes **cook:** 28 minutes
makes: 8 servings

Cilantro, spinach, edamame, and green onions send a healthy message while sparking fresh flavor. A jar of salsa verde (green chile sauce) is a time-saving addition that makes this chili unique.

2 cups long-grain rice
½ cup chopped green onion (4)
6 cloves garlic, minced
2 tablespoons vegetable oil
2 cups chopped green sweet pepper (2 large)
1½ cups chopped celery (3 stalks)
2 12-ounce bags shelled frozen sweet soybeans (edamame)
1 4.5-ounce can chopped green chiles
3 cups vegetable broth or reduced-sodium chicken broth
1 16-ounce jar green salsa (salsa verde)
6 cups fresh spinach
¼ cup chopped fresh cilantro
3 avocados, pitted, peeled, and chopped
Plain lowfat yogurt or sour cream (optional)

1 Cook rice according to package directions.

2 Meanwhile, in a Dutch oven cook and stir onion and garlic in hot oil over medium-high heat for 2 minutes. Add sweet pepper and celery; cook for 5 minutes or until crisp-tender. Add edamame and green chiles; cook for 5 minutes. Add broth and salsa verde. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes. Stir in spinach; cook about 1 minute or until wilted.

3 Remove from heat; stir in cilantro and two of the chopped avocados. Top with the remaining avocado and yogurt. Serve with rice.

nutrition facts per serving: 413 cal., 16 g total fat (1 g sat. fat), 0 mg chol., 753 mg sodium, 56 g carb., 11 g dietary fiber, 14 g protein.

lowfat

two-bean chili with avocado

prep: 15 minutes **cook:** 28 minutes
makes: 4 or 5 servings

Rich, creamy avocado and snipped fresh cilantro provide a refreshing contrast to the lively flavors in this easy chili.

1 cup chopped onion (1 large)
2 teaspoons dried oregano, crushed
2 teaspoons canola or olive oil
2 14.5-ounce cans diced tomatoes, undrained
1 15-ounce can black beans or kidney beans, rinsed and drained
1 15-ounce can pinto beans, rinsed and drained
½ cup salsa (preferably guajillo chile salsa)
1 medium ripe avocado, pitted, peeled, and diced
¼ cup snipped fresh cilantro

In a large saucepan cook onion and oregano in hot oil over medium-high heat for 3 minutes or until tender. Stir in undrained tomatoes, beans, and salsa. Bring to boiling; reduce heat. Simmer, uncovered, about 25 minutes. Top each serving with avocado and snipped cilantro.

nutrition facts per serving: 325 cal., 10 g total fat (1 g sat. fat), 0 mg chol., 985 mg sodium, 50 g carb., 15 g dietary fiber, 14 g protein.

the call of protein

When you choose to go meatless for a meal but still want the protein, pick one of these ingredients to add to your soup.

- **beans:** *An easy way to add protein to any meatless meal, especially soup, is to stir in a can of beans. Try varieties such as black, navy, kidney, Great Northern, pinto, garbanzo (chickpeas), or cannellini (white kidney) beans. Just rinse and drain them before using.*
- **other legumes:** *Lentils, split peas, and peanuts are all good sources of protein. Lentils and split peas require a longer cooking time before you add them to your soup, so plan ahead. Peanuts can be chopped and sprinkled over thicker soups.*
- **dairy products:** *While they are not always low in fat, adding dairy products, such as cheese or milk, boosts the protein in soup. Add a swirl of milk to thicker soups or try some cheese as a garnish.*
- **whole grains:** *Add cooked brown rice or whole-grain pasta, or serve whole-grain bread on the side.*

slowcooker lowfat

savory bean and kale soup

prep: 20 minutes **slow cook:** 5 to 7 hours (low) or 2½ to 3½ hours (high)
makes: 6 servings

Beans and rice add creamy texture to this hearty stew, while kale offers an excellent source of vitamins and minerals.

3 14.5-ounce cans vegetable broth
1 15-ounce can tomato puree
1 15-ounce can small white beans or Great Northern beans, rinsed and drained
½ cup converted rice
½ cup finely chopped onion (1 medium)
2 cloves garlic, minced
1 teaspoon dried basil, crushed
¼ teaspoon salt
¼ teaspoon ground black pepper
8 cups coarsely chopped fresh kale leaves
Finely shredded Parmesan cheese (optional)

1 In a 3½- or 4-quart slow cooker combine broth, tomato puree, beans, rice, onion, garlic, basil, salt, and pepper.

2 Cover and cook on low-heat setting for 5 to 7 hours or on high-heat setting for 2½ to 3½ hours.

3 Before serving, stir in kale. If desired, sprinkle each serving with cheese.

nutrition facts per serving: 188 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 1306 mg sodium, 42 g carb., 7 g dietary fiber, 10 g protein.

savory bean and spinach soup: Prepare as directed, except substitute fresh baby spinach leaves for the kale.

lowfat

split pea soup with herbed crostini

prep: 20 minutes **cook:** 50 minutes
makes: 6 servings

As members of the protein-rich legume family, split peas are high in fiber and carbohydrates and relatively low in fat. Unlike dried beans, the peas do not require presoaking, making them as convenient as they are nutritious.

1 pound dry split peas
4 cups water
1 14-ounce can vegetable broth
1 cup chopped carrot (2 medium)
½ cup chopped onion (1 medium)
2 tablespoons snipped fresh basil
2 tablespoons snipped fresh oregano
1 tablespoon snipped fresh sage
Salt
Ground black pepper
1 recipe Herbed Crostini

1 Rinse and drain split peas. In 4- to 5-quart Dutch oven combine split peas, the water, and broth. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes. Add carrot and onion; cook, covered, for 20 to 30 minutes more or until peas and vegetables are tender.

2 Stir in basil, oregano, and sage; cook and stir for 1 minute. Season to taste with salt and pepper.

3 Top each serving with Herbed Crostini.

nutrition facts per serving: 442 cal., 9 g total fat (2 g sat. fat), 1 mg chol., 623 mg sodium, 69 g carb., 21 g dietary fiber, 23 g protein.

herbed crostini: Preheat oven to 425°F. Brush six ½-inch-thick slices French bread with mixture of 3 tablespoons olive oil and 1 tablespoon each finely snipped basil and oregano. Place on greased baking sheet. Bake for 6 to 8 minutes or until lightly toasted, turning once. Sprinkle hot crostini with 2 tablespoons finely shredded Parmesan cheese.

slowcooker lowfat

thick hummus-style soup

prep: 35 minutes **stand:** 1 hour **slow cook:** 10 to 12 hours (low) or 5 to 6 hours (high) **bake:** 12 minutes **oven:** at 300°F

makes: 8 servings

If you like the traditional Middle Eastern dip made with chickpeas, tahini, and lemon juice, you'll love the lively flavors in this soup. Serve with toasted pita bread.

1 pound dried garbanzo beans (chickpeas)
8 cups vegetable broth or reduced-sodium chicken broth
6 cloves garlic, minced
1 tablespoon ground cumin
1 teaspoon ground coriander
1 teaspoon ground turmeric
½ teaspoon salt
1 6-ounce carton plain fat-free Greek yogurt
⅓ cup tahini (sesame seed paste)
⅓ cup lemon juice
⅓ cup snipped fresh Italian parsley
1 to 2 whole-grain pita bread rounds
1 tablespoon olive oil
1¼ cups chopped red sweet pepper (1 large)
Toasted sesame seeds* (optional)

1 Rinse beans; drain. In a large saucepan or Dutch oven combine beans and enough water to cover beans by 2 inches. Bring to boiling; reduce heat. Simmer, uncovered,

for 10 minutes. Remove from heat. Cover and let stand for 1 hour. Drain and rinse beans.

2 Place drained beans in a 4- to 5-quart slow cooker. Add broth, garlic, cumin, coriander, turmeric, and salt. Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours.

3 Stir in yogurt, tahini, and lemon juice. Cool slightly. Transfer mixture in batches to a blender or food processor. Cover and blend or process until smooth. Stir in parsley.

4 Meanwhile, preheat oven to 300°F. Chop enough of the pita bread into ½- to ¾-inch pieces to measure 2 cups; toss with oil. Spread in a shallow baking pan. Bake for 12 to 13 minutes or until crisp, stirring once.

5 Serve soup topped with pita bread pieces, sweet pepper, and, if desired, sesame seeds.

nutrition facts per serving: 351 cal., 11 g total fat (1 g sat. fat), 0 mg chol., 768 mg sodium, 47 g carb., 12 g dietary fiber, 18 g protein.

***note:** To toast sesame seeds, preheat oven to 350°F. Spread sesame seeds in a shallow baking pan. Bake for 5 to 10 minutes or until light brown, watching carefully and stirring once or twice.

lowfat

red bean and brown rice stew

start to finish: 20 minutes
makes: 4 servings

A quartet of seasonings—garlic, cilantro, oregano, and adobo seasoning—adds a zesty kick to this savory bean and rice stew. You'll find adobo seasoning at Hispanic markets.

1 teaspoon vegetable oil
⅔ cup chopped red onion
3 cloves garlic, minced
1 cup water
2 tablespoons tomato paste
1 tablespoon snipped fresh cilantro
1 teaspoon snipped fresh oregano or ¼ teaspoon dried oregano, crushed
½ teaspoon adobo seasoning*
1 15-ounce can red kidney beans, rinsed and drained
2 cups hot cooked brown rice
Fresh cilantro sprigs (optional)

1 In a large skillet heat oil over medium heat. Add onion and garlic; cook about 5 minutes or until onion is tender. Carefully add the water, tomato paste, snipped cilantro, oregano, and adobo seasoning. Stir in beans. Bring to boiling; reduce heat. Cook and stir over medium heat for 5 to 10 minutes or until soup is slightly thickened, mashing beans slightly while stirring.

2 Serve stew over rice. If desired, garnish with cilantro sprigs.

nutrition facts per serving: 220 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 427 mg sodium, 44 g carb., 8 g dietary fiber, 11 g protein.

***note:** Look for this seasoning blend at a market that specializes in Hispanic foods.

lowfat

creamy succotash soup

start to finish: 35 minutes
makes: 4 servings

Carrots and garden-fresh asparagus make corn-and-bean chowder a delightful one-bowl meal that's full of healthy veggies.

2 teaspoons canola oil
1 cup thinly sliced carrot (2 medium)
½ cup chopped sweet onion, such as Vidalia or Maui (1 medium)
2 cloves garlic, minced
1 14-ounce can vegetable broth
1½ cups frozen lima beans
2 teaspoons snipped fresh dill or ½ teaspoon dried dill weed
1 cup 1-inch pieces fresh asparagus
½ cup frozen whole-kernel corn
2 cups evaporated fat-free milk
2 tablespoons all-purpose flour
Fresh dill sprigs (optional)

1 In a large nonstick saucepan, heat oil over medium heat. Add carrot, onion, and garlic; cook for 5 minutes, stirring occasionally. Add broth, frozen lima beans, and dried dill weed (if using). Bring to boiling; reduce heat. Simmer, covered, for 5 minutes.

2 Add asparagus and frozen corn. Return to boiling. Cook, covered, for 1 minute. In a large screw-top jar, combine 1 cup of the evaporated milk and flour; cover and shake until

smooth. Add flour mixture, remaining 1 cup evaporated milk, and snipped fresh dill (if using) to soup; cook and stir until slightly thickened and bubbly. Cook and stir for 1 minute more. If desired, garnish each serving with fresh dill sprigs.

nutrition facts per serving: 269 cal., 3 g total fat (0 g sat. fat), 5 mg chol., 591 mg sodium, 45 g carb., 6 g dietary fiber, 17 g protein.

lowfat

savory barley, bean, and mushroom soup

prep: 20 minutes **cook:** 45 minutes
makes: 4 or 5 servings

Dried shiitake mushrooms have a wonderful smoky flavor and meaty texture that add character to this soup. The water used to reconstitute the dried mushrooms becomes a flavorful broth.

½ cup dried shiitake mushrooms (¼ ounce)
2 cups boiling water
2 tablespoons olive oil
1 cup chopped onion (2 medium)
½ cup chopped celery (1 stalk)
½ cup chopped carrot (1 medium)
2 cloves garlic, minced
½ teaspoon dried thyme, crushed
½ teaspoon dried oregano, crushed
1 bay leaf
2 14-ounce cans vegetable broth
1 15-ounce can navy beans or cannellini (white kidney) beans, rinsed and drained
½ cup regular (not quick-cooking) barley
½ teaspoon salt
¼ teaspoon ground black pepper
1 tablespoon olive oil
1 cup sliced fresh mushrooms

½ cup sliced zucchini
1 cup shredded fresh spinach
¼ cup chopped fresh parsley (optional)
1 tablespoon cider vinegar (optional)

1 In a medium bowl cover shiitake mushrooms with boiling water. Let stand for 15 to 20 minutes or until tender. Drain, reserving liquid. Strain liquid; set aside. Chop mushrooms; set aside.

2 In a large saucepan heat 1 tablespoon of the oil over medium heat. Add onion, celery, and carrot; cook about 8 minutes or until tender. Stir in garlic, thyme, oregano, and bay leaf; cook and stir 2 minutes more. Stir in reserved mushroom liquid, soaked mushrooms, broth, beans, barley, salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 35 minutes or until barley is tender.

3 In a large skillet heat remaining 1 tablespoon oil over medium heat. Add mushrooms and zucchini; cook until tender. Add mushrooms, zucchini, spinach, parsley, and vinegar to soup. Heat through. Discard bay leaf.

nutrition facts per serving: 304 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 1616 mg sodium, 51 g carb., 18 g dietary fiber, 13 g protein.

lowfat

minestrone with mushrooms and feta

prep: 15 minutes **cook:** 15 minutes
makes: 4 servings

This hearty soup full of beans, mushrooms, tomatoes, and orzo—a Greek pasta shaped like grains of rice—can be on the table in just 30 minutes.

2 cloves garlic, minced
1 tablespoon extra-virgin olive oil
2 cups stemmed fresh shiitake mushrooms, sliced
3 14-ounce cans vegetable broth
1 15-ounce can cannellini (white kidney) beans, rinsed and drained
½ cup dried orzo
1½ cups quartered cherry tomatoes
¼ cup small fresh oregano leaves
½ cup feta cheese, crumbled
Ground black pepper
1 tablespoon extra-virgin olive oil

In a 4-quart Dutch oven cook garlic in hot oil for 15 seconds. Add mushrooms; cook, stirring frequently, until mushrooms are tender. Stir in broth and beans. Bring to boiling. Add orzo. Return to boiling; reduce heat. Simmer, covered, for 15 minutes or until orzo is tender. Stir in cherry tomatoes and 3 tablespoons of the oregano; heat through. Sprinkle with remaining oregano, feta, and pepper. Drizzle with olive oil.

nutrition facts per serving: 312 cal., 11 g total fat (3 g sat. fat), 13 mg chol., 1497 mg sodium, 48 g carb., 8 g dietary fiber, 14 g protein.

lowfat

italian-style lentil soup

prep: 25 minutes **cook:** 40 minutes
makes: 6 servings

Loaded with fiber and iron, lentils are especially delicious in this meatless soup because they absorb the snappy flavors of the garlic, Italian seasoning, and tomatoes.

1 tablespoon olive oil or canola oil
½ cup chopped onion (1 medium)
6 cloves garlic, minced
1 32-ounce box reduced-sodium chicken broth (4 cups)
2 cups water
1 cup lentils
1½ teaspoons dried Italian seasoning, crushed
½ teaspoon ground black pepper
1 14.5-ounce can no-salt-added diced tomatoes, undrained
1 6-ounce can no-salt-added tomato paste
2 cups frozen peas and carrots
2 ounces dried multigrain penne pasta or multigrain elbow macaroni
¼ cup finely shredded Parmesan cheese (optional)

1 In a large saucepan or 4-quart Dutch oven heat oil over medium heat. Add onion and garlic; cook about 5 minutes or until onion is tender, stirring occasionally.

2 Add broth, the water, lentils, Italian seasoning, and pepper to onion mixture. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes.

3 Stir in tomatoes and tomato paste. Stir in frozen peas and carrots and pasta. Return to boiling; reduce heat. Simmer, uncovered, about 10 minutes or until pasta is tender.

4 If desired, sprinkle each serving with cheese.

nutrition facts per serving: 251 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 467 mg sodium, 42 g carb., 15 g dietary fiber, 15 g protein.

slowcooker lowfat

hearty onion-lentil soup

prep: 20 minutes **slow cook:** 6 to 8 hours (low) or 3 to 4 hours (high) **broil:** 2 minutes
makes: 6 servings

A combination French onion and bean soup, this mix tastes great ladled over melted cheese–topped toasts.

4 cups water
2 10.5-ounce cans condensed French onion soup
2 cups sliced celery (4 stalks) or carrot (4 medium)
1 cup lentils
6 ¾-inch slices crusty country French bread, toasted
1 cup shredded Swiss or Gruyère cheese (4 ounces)

1 In a 3½- or 4-quart slow cooker combine the water, condensed French onion soup, celery, and lentils.

2 Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.

3 Before serving, preheat broiler. Arrange toasted bread slices on a baking sheet; sprinkle with cheese. Broil 3 to 4 inches from the heat for 2 to 3 minutes or until cheese is light brown and bubbly.

4 Divide cheese-topped bread among 6 soup bowls; ladle soup over bread.

nutrition facts per serving: 345 cal., 9 g total fat (4 g sat. fat), 19 mg chol., 1130 mg sodium, 48 g carb., 12 g dietary fiber, 20 g protein.

lowfat

chunky vegetable-lentil soup

prep: 25 minutes **cook:** 30 minutes
makes: 6 servings

Enjoy hearty winter vegetables in this light and satisfying soup. A fresh cabbage topper adds delightful crunch.

1 tablespoon olive oil
1 medium onion, cut into thin rings
1 clove garlic, minced
1 cup green (French) lentils
1 pound whole small fresh mushrooms (halve or quarter any larger mushrooms)
2 cups thinly sliced carrot (4 medium)
1 cup chopped celery (2 stalks)
4 cups water
1 14-ounce can vegetable broth
¼ teaspoon salt
¼ teaspoon ground black pepper
¼ of a head napa or red cabbage, sliced into strips (2 cups)

1 In a 4-quart saucepan or Dutch oven heat oil over medium heat. Add onion and garlic; cook for 4 to 5 minutes or until onion is tender, stirring occasionally. Stir in lentils; cook and stir 1 minute.

2 Add mushrooms, carrot, celery, the water, broth, salt and pepper. Bring to boiling; reduce heat. Simmer, covered, about 25 minutes or until lentils are tender.

3 Divide among soup bowls; top with cabbage.

nutrition facts per serving: 185 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 408 mg sodium, 30 g carb., 13 g dietary fiber, 12 g protein.

slowcooker lowfat

smashed potato soup

prep: 25 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high)
makes: 8 servings

Potatoes blend with cheddar cheese, cream, and roasted garlic in this chunky, good-to-the-last-spoonful soup.

3½ pounds potatoes, peeled and cut into ¾-inch cubes
½ cup chopped yellow and/or red sweet pepper
1½ teaspoons bottled roasted garlic
½ teaspoon ground black pepper
4½ cups chicken broth
½ cup whipping cream, half-and-half, or light cream
1 cup shredded cheddar cheese (4 ounces)
½ cup thinly sliced green onion
Sliced green onion (optional)

1 In a 4- to 6-quart slow cooker combine potatoes, sweet pepper, garlic, and black pepper. Pour broth over all.

2 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

3 Mash potatoes slightly with a potato masher. Stir in whipping cream, cheese, and ½ cup green onion. If desired, top each servings with sliced green onion.

nutrition facts per serving: 243 cal., 11 g total fat (6 g sat. fat), 37 mg chol., 644 mg sodium, 30 g carb., 3 g dietary fiber, 8 g protein.

slowcooker lowfat

garbanzo bean stew

prep: 20 minutes **slow cook:** 9 to 10 hours (low) or 4½ to 5 hours (high)
makes: 6 servings

Cumin, paprika, and cayenne pepper add a nice level of spice and heat to this brothy bean and potato stew. Accompany with whole-grain bread.

3 15-ounce cans no-salt-added garbanzo beans (chickpeas), rinsed and drained
1 pound red-skinned potatoes, cut into ¾-inch pieces
1 14.5-ounce can no-salt-added diced tomatoes, undrained
¾ cup chopped red sweet pepper (1 medium)
½ cup chopped onion (1 medium)
3 cloves garlic, minced
1 teaspoon ground cumin
½ teaspoon paprika
¼ teaspoon cayenne pepper
2 14.5-ounce cans vegetable broth or chicken broth

1 In a 5- to 6-quart slow cooker combine beans, potatoes, undrained tomatoes, sweet pepper, onion, garlic, cumin, paprika, and cayenne pepper. Pour broth over mixture in cooker.

2 Cover and cook on low-heat setting for 9 to 10 hours or on high-heat setting for 4½ to 5 hours.

nutrition facts per serving: 293 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 590 mg sodium, 53 g carb., 12 g dietary fiber, 14 g protein.

lowfat

tomato-lentil soup

prep: 20 minutes **cook:** 45 minutes
makes: 5 or 6 servings

The lentils, brown rice, vegetables, and herbs contribute plenty of fiber in this winter chill chaser.

7 cups water
1 14.5-ounce can diced tomatoes, undrained
1 cup chopped carrot (2 medium)
1 cup lentils
1 cup chopped onion (2 medium)
½ cup chopped celery (1 stalk)
1 tablespoon instant chicken bouillon granules
2 cloves garlic, minced
1 bay leaf
½ teaspoon dried basil, crushed
½ teaspoon dried oregano, crushed
½ teaspoon dried thyme, crushed
¾ cup brown rice
¼ cup snipped fresh parsley
½ teaspoon salt
½ teaspoon cider vinegar
¼ teaspoon ground black pepper
Chopped green onion (optional)

1 In a Dutch oven or large pot combine the water, undrained tomatoes, carrot, lentils, onion, celery, bouillon granules, garlic, bay leaf, basil, oregano, and thyme. Bring to boiling; reduce heat. Simmer, covered, for 45 minutes.

2 Meanwhile, cook rice according to package directions. Discard the bay leaf from lentil mixture. Stir in parsley, salt, vinegar, and pepper. Stir in rice. If desired, garnish each serving with green onion.

nutrition facts per serving: 283 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 988 mg sodium, 53 g carb., 15 g dietary fiber, 14 g protein.

slowcooker lowfat

vegetable stew with parmesan toast

prep: 35 minutes **slow cook:** 10 to 11 hours (low) or 5 to 5½ hours (high)
bake: 7 minutes **oven:** at 400°F
makes: 8 servings

A takeoff on the French classic, cassoulet, this stew features a trio of beans simmered with leeks, carrots, celery, and turnips.

2 14.5-ounce cans vegetable broth
1 15- to 16-ounce can navy beans, rinsed and drained
1 15- to 16-ounce can cannellini (white kidney) beans, rinsed and drained
1 15- to 16-ounce can butter beans, rinsed and drained
4 medium leeks, sliced*
4 carrots, cut into ½-inch-thick slices
2 medium turnips, peeled and diced
2 cups sliced celery (4 stalks)
4 cloves garlic, minced
2 teaspoons dried Italian seasoning, crushed
2 bay leaves
½ to 1 teaspoon cracked black pepper
¼ teaspoon salt
16 slices baguette-style French bread
1 tablespoon olive oil
½ cup finely shredded Parmesan cheese (2 ounces)
1 14.5-ounce can fire-roasted diced tomatoes or diced tomatoes, drained

1 In a 5- to 6-quart slow cooker stir together broth, navy beans, cannellini beans, butter beans, leeks, carrots, turnips, celery, garlic, Italian seasoning, bay leaves, pepper, and salt.

2 Cover and cook on low-heat setting for 10 to 11 hours or on high-heat setting for 5 to 5½ hours.

3 For Parmesan toast, preheat oven to 400°F. Brush baguette slices with oil; sprinkle with cheese. Place on a baking sheet. Bake about 7 minutes or until lightly toasted and cheese is melted.

4 Discard bay leaves. Stir drained tomatoes into bean mixture in cooker. Serve stew with Parmesan toast.

nutrition facts per serving: 288 cal., 4 g total fat (1 g sat. fat), 4 mg chol., 1409 mg sodium, 50 g carb., 10 g dietary fiber, 15 g protein.

***note:** See tip on cleaning leeks.

lowfat

curried lentil soup

prep: 20 minutes **cook:** 25 minutes
makes: 4 to 6 servings

Curry blends with grated fresh ginger and colorful sweet potatoes to give this lentil soup a different flavor.

1 medium onion, chopped (½ cup)
1 medium jalapeño pepper*, seeded and finely chopped
3 cloves garlic, minced
1 teaspoon grated fresh ginger
1 tablespoon olive oil
1 cup lentils
2 medium sweet potatoes, peeled and cut into ½-inch pieces
2 medium tomatoes, chopped
2 14-ounce cans vegetable broth
1 cup water
1 tablespoon curry powder
Pinch salt
Plain yogurt or sour cream (optional)
Small fresh chile peppers* and/or crushed red pepper flakes (optional)

1 In a 4-quart Dutch oven, cook onion, chile pepper, garlic, and ginger in hot oil over medium heat until tender. Add lentils, sweet potatoes, tomatoes, broth, the water, curry powder, and salt. Bring mixture to boiling; reduce heat.

2 Simmer, covered, 25 to 30 minutes or until lentils are tender. If desired, top each serving with yogurt and garnish

with chile peppers.

nutrition facts per serving: 328 cal., 5 g total fat (0 g sat. fat), 0 mg chol., 886 mg sodium, 57 g carb., 19 g dietary fiber, 18 g protein.

***note:** See tip on handling chile peppers.

lowfat

italian bean and pasta soup

start to finish: 30 minutes
makes: 6 servings

An aromatic base of tomatoes, garlic, and onions blends deliciously with the earthy flavor of navy beans and buttery texture and nutty flavor of fava beans.

1 cup chopped onion (1 large)
2 cloves garlic, minced
1 tablespoon olive oil
2 14-ounce cans vegetable broth
½ cup chopped green sweet pepper (1 medium)
½ cup dried orzo
2 14.5-ounce cans diced tomatoes with basil, garlic, and oregano, undrained
1 19-ounce can fava beans, rinsed and drained
1 15-ounce can navy beans, rinsed and drained
¼ cup snipped fresh parsley

1 In a 4- to 5-quart Dutch oven cook onion and garlic in hot oil over medium heat for 5 minutes or until tender, stirring occasionally. Add broth; bring to boiling.

2 Add sweet pepper and orzo. Return to boiling; reduce heat. Simmer, uncovered, for 8 to 10 minutes or until orzo is tender. Stir in undrained tomatoes, fava beans, and navy beans. Cover and simmer for 5 minutes. Stir in parsley.

nutrition facts per serving: 295 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 1953 mg sodium, 54 g carb., 9 g dietary fiber, 15

g protein.

broccoli-potato soup with greens

start to finish: 20 minutes
makes: 4 servings

The greens in this soup stay flavorful and brightly colored, as they're not cooked but just slightly wilted when added to the hot soup after it's ladled into the bowls. Sharp and nutty-flavored Gouda melts marvelously and perfectly complements the assertive greens.

2 red-skinned potatoes, chopped
1 14-ounce can reduced-sodium chicken broth
3 cups small broccoli florets
2 cups milk
3 tablespoons all-purpose flour
2 cups smoked Gouda cheese, shredded (8 ounces)
Ground black pepper
2 cups winter greens (such as curly endive, chicory, romaine, escarole, or spinach)
Smoked Gouda cheese, shredded (optional)

1 In a large saucepan combine potatoes and broth. Bring to boiling; reduce heat. Simmer, covered, for 8 minutes. Mash potatoes slightly. Add broccoli and milk; bring just to simmering.

2 In a medium bowl toss flour with 2 cups cheese; gradually add to soup, stirring cheese until melted. Season to taste with pepper. Top each serving with greens and cheese.

nutrition facts per serving: 365 cal., 18 g total fat (11 g sat. fat), 74 mg chol., 782 mg sodium, 28 g carb., 4 g dietary fiber, 23 g protein.

lowfat

vegetarian black bean soup

prep: 10 minutes **stand:** 1 hour **slow cook:** 9 to 10 hours (low) or 4½ to 5 hours (high)

makes: 6 servings

Thick, rich, hearty, and healthy—you can't go wrong with a meatless soup like this one that gets a spicy punch from ground cumin and chili powder.

1½ cups dried black beans, rinsed and drained
8 cups water
½ cup chopped onion (1 medium)
1 jalapeño pepper, seeded and chopped*
3 cloves garlic, minced
6 cups no-salt-added vegetable broth
2 tablespoons ground cumin
1 tablespoon chili powder
½ teaspoon salt
½ cup chopped fresh cilantro
Lime wedges
Light sour cream (optional)

1 In a large pot combine beans and the water. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Cover and let stand for 1 hour. Drain and rinse beans.

2 In a 4-quart slow cooker combine beans, onion, chile pepper, garlic, broth, cumin, chili powder, and salt.

3 Cover and cook on low-heat setting for 9 to 10 hours or on high-heat setting for 4½ to 5 hours. Using a potato masher, coarsely mash the beans. Top each serving with cilantro and serve with lime wedges for squeezing. If desired, top each serving with sour cream.

nutrition facts per serving: 204 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 367 mg sodium, 37 g carb., 10 g dietary fiber, 11 g protein.

***note:** See tip on handling chile peppers.

lowfat

tofu-carrot soup

prep: 30 minutes **cook:** 25 minutes
makes: 6 servings

Tofu is amazingly versatile in meatless soups like this one. It absorbs the flavors of the ingredients while supplying adequate amounts of protein. Be sure to drain the tofu well before adding to the soup so you don't dilute the flavor of the broth.

3 cups sliced fresh button mushrooms (8 ounces)
1 cup sliced celery (2 stalks)
1 medium onion, sliced
2 cloves garlic, minced
2 tablespoons vegetable oil
3 14.5-ounce cans vegetable broth or chicken broth
4 cups sliced carrot (8 medium)
1 12-ounce package firm, silken-style tofu (fresh bean curd)
1 5-ounce can evaporated milk
1 teaspoon snipped fresh thyme
Salt
Ground black pepper
½ cup sour cream
2 to 3 teaspoons water
Fresh thyme (optional)
Cayenne pepper (optional)

1 In a 4- to 6-quart Dutch oven cook mushrooms, celery, onion, and garlic in hot oil over medium heat about 5 minutes or until softened. Add broth and carrot. Bring to

boiling; reduce heat. Simmer, covered, about 20 minutes or until vegetables are tender; cool slightly.

2 Cut up tofu. Place tofu and half of the broth mixture in a large food processor or blender. (If you don’t have a large food processor or blender, process mixture in smaller batches.) Cover and process or blend until smooth. Repeat with the remaining broth mixture and evaporated milk.

3 Return all of the pureed mixture to Dutch oven; heat through. Stir in 1 teaspoon thyme. Season to taste with salt and black pepper. In a small bowl combine sour cream and enough of the water to reach drizzling consistency. Top each serving of soup with sour cream mixture and, if desired, thyme and cayenne pepper.

nutrition facts per serving: 205 cal., 11 g total fat (4 g sat. fat), 15 mg chol., 1003 mg sodium, 18 g carb., 3 g dietary fiber, 8 g protein.

slowcooker lowfat

pumpkin, chickpea, and red lentil stew

prep: 25 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high)
makes: 6 servings

Brimming with pumpkin and carrots, this tomato-based stew makes a delicious cold-weather supper. Lentils and beans pack filling protein, while nonfat yogurt adds creaminess without the fat.

1 pound pie pumpkin or winter squash, peeled, seeded, and cut into 1-inch cubes
1 15-ounce can garbanzo beans (chickpeas), rinsed and drained
3 carrots, sliced ½ inch thick
1 cup chopped onion (1 large)
1 cup red lentils
2 tablespoons tomato paste
1 tablespoon grated fresh ginger
1 tablespoon lime juice
1 teaspoon ground cumin
¼ teaspoon salt
¼ teaspoon ground turmeric
¼ teaspoon gound black pepper
4 cups chicken or vegetable broth
¼ cup chopped peanuts
2 tablespoons chopped fresh cilantro
Plain nonfat yogurt (optional)

1 In a 3½- or 4-quart slow cooker combine pumpkin, beans, carrots, onion, lentils, tomato paste, ginger, lime juice, cumin, salt, turmeric, and pepper. Pour broth over all.

2 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Top each serving with peanuts, cilantro, and, if desired, yogurt.

nutrition facts per serving: 275 cal., 4 g total fat (1 g sat. fat), 2 mg chol., 1027 mg sodium, 46 g carb., 10 g dietary fiber, 14 g protein.

cheesy potato soup

start to finish: 25 minutes
makes: 4 servings

Green onions bring a mild onion flavor to this delicious cheese and potato soup recipe that's perfect for a cold winter night. The sweet and roasty flavors of a lager blend in nicely with the natural richness of the cheese.

1 bunch green onions
3 tablespoons olive oil
2 cups refrigerated shredded hash brown potatoes
¾ cup roasted red sweet peppers
¾ cup pale lager or nonalcoholic beer
2 cups milk
2 cups shredded American cheese (8 ounces)
¼ teaspoon paprika
Paprika

1 Slice green onions, separating white portions from green portions. In a Dutch oven heat 1 tablespoon of the oil over medium heat. Add white portions of the green onions; cook until tender.

2 In a blender combine cooked onions, 1 cup of the potatoes, roasted sweet peppers, and lager. Cover and blend until smooth. Transfer pureed mixture to Dutch oven. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Add milk and cheese; cook and stir over medium heat until cheese is melted and mixture is heated through (do not boil).

3 In a medium skillet heat remaining 2 tablespoons oil over medium-high heat. Add the remaining 1 cup potatoes; cook about 8 minutes or until golden, stirring occasionally. Using a slotted spoon, remove potatoes from skillet; drain on paper towels. Sprinkle potatoes with the ¼ teaspoon paprika.

4 Top each serving with cooked potatoes, sliced green onion tops, and additional paprika.

nutrition facts per serving: 467 cal., 30 g total fat (14 g sat. fat), 63 mg chol., 1096 mg sodium, 28 g carb., 2 g dietary fiber, 19 g protein.

lowfat

potato and white bean chowder

start to finish: 30 minutes
makes: 4 servings

Adding beans to a classic potato chowder boosts the protein, turning the creamy soup into a tasty main dish. Chopped carrot and fresh herbs add texture and boost flavor.

Nonstick cooking spray
½ cup sliced green onion (4)
2 tablespoons snipped fresh herbs (such as oregano, basil, and/or parsley) or ¾ teaspoon dried Italian seasoning, crushed
4 cloves garlic, minced
2 cups water
2 medium potato, peeled and chopped (2 cups)
1 cup chopped carrot (2 medium)
½ teaspoon salt
¼ teaspoon coarsely ground black pepper
2 cups fat-free milk
2 tablespoons all-purpose flour
1 15-ounce can cannellini (white kidney) beans, rinsed and drained
Ground nutmeg

1 Coat an unheated nonstick large saucepan with nonstick cooking spray. Heat over medium heat. Add green onion, dried Italian seasoning (if using), and garlic to hot saucepan.

Cook until green onion is tender. Add the water, potato, carrot, salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, about 12 minutes or until potato and carrot are tender. Do not drain. Slightly mash potato and carrot with a fork or potato masher.

2 In a screw-top jar combine milk and flour; cover and shake well. Stir milk mixture into potato mixture; cook and stir until thickened and bubbly. Stir in fresh herbs (if using) and beans; cook and stir for 1 minute more. Sprinkle individual servings with nutmeg.

nutrition facts per serving: 236 cal., 1 g total fat (0 g sat. fat), 2 mg chol., 380 mg sodium, 46 g carb., 7 g dietary fiber, 14 g protein.

9

deep-sea treasures

Serve a pot of rich tomato-laced seafood stew, a fresh fish chowder, or any of the other delectable seafood specialties featured here, and you'll get rave reviews.

Hot ’n’ Spicy Fish Soup
Quick Fish Stew with Basil Gremolata
Chunky Fish Soup
Tilapia Chowder with Sage
Veggie-Fish Chowder
Peruvian Shrimp Chowder
Cajun Fish Soup
Caribbean Fish Stew
Thai Shrimp Soup
Fish Provençale
Shrimp and Swiss Chard Soup with Arborio Rice
Creamy Mussel Soup
Seafood Cioppino
Jambalaya
Shrimp Gumbo
Classic Oyster Stew
Italian Fish Stew
Smoky Tomato-Salmon Chowder
Salmon and Asparagus Chowder
Crab and Pepper Soup with Fresh Tomato Salsa
Creamy Butternut Squash–Shrimp Curry Soup
Hot-and-Sour Soup with Shrimp

lowfat

hot ’n’ spicy fish soup

start to finish: 35 minutes
makes: 2 servings

If you have a great seafood market nearby, try this with other firm white fish such as snapper, cod, flounder, or sea bass. You can also toast the cumin seeds in a skillet to bring out the flavor and aroma.

2 6-ounce fresh or frozen halibut steaks, cut 1 inch thick
2 teaspoons vegetable oil
¼ teaspoon cumin seeds
1 small onion, chopped
2 to 3 teaspoons grated fresh ginger
1 serrano pepper, seeded and finely chopped*
½ cup chopped tomato (1 medium)
¾ cup water
½ teaspoon ground coriander
¼ teaspoon ground turmeric
¼ teaspoon salt
Fresh cilantro leaves (optional)

1 Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Remove skin and bones. Cut into 1-inch pieces; set aside.

2 In a medium saucepan heat oil over medium heat. Add cumin seeds; cook and stir about 1 minute or until toasted. Add onion; cook and stir for 4 to 5 minutes or until tender. Add ginger and chile pepper; cook and stir for 1 minute more. Add tomato; cook and stir for 2 to 3 minutes more or

until tomato has softened. Stir in the water, coriander, turmeric, and salt. Bring to boiling; reduce heat. Stir in fish. Cook, covered, about 5 minutes or just until fish pieces flake easily when tested with a fork. Serve immediately. If desired, garnish with cilantro.

nutrition facts per serving: 252 cal., 9 g total fat (1 g sat. fat), 54 mg chol., 392 mg sodium, 5 g carb., 1 g dietary fiber, 36 g protein.

***note:** See tip on handling chile peppers.

quick fish stew with basil gremolata

start to finish: 25 minutes
makes: 4 servings

For a more dramatic presentation, use shrimp with tails left on. Start with 8 ounces shrimp; peel and devein the shrimp, leaving the tails intact. Topping with gremolata adds a jolt of color and freshness to the stew.

6 ounces fresh or frozen cod fillets
6 ounces fresh or frozen peeled and deveined shrimp
1 cup green sweet pepper strips (1 medium)
1 cup chopped onion (1 large)
2 cloves garlic, minced
1 tablespoon olive oil or vegetable oil
2 14.5-ounce cans Italian-style stewed tomatoes, undrained and cut up
½ cup water
¼ teaspoon salt
¼ teaspoon ground black pepper
3 tablespoons snipped fresh basil
1 tablespoon finely shredded lemon zest
2 cloves garlic, minced

1 Thaw cod and shrimp, if frozen. Rinse cod and shrimp; pat dry with paper towels. Cut cod into 1-inch pieces. Set cod and shrimp aside.

2 In a large saucepan or Dutch oven cook and stir sweet pepper, onion, and 2 cloves garlic in hot oil over medium heat until tender. Stir in undrained tomatoes, the water, salt,

and black pepper. Bring to boiling. Stir in cod and shrimp. Return to boiling; reduce heat. Simmer, covered, for 2 to 3 minutes or until cod flakes easily when tested with a fork and shrimp turn opaque.

3 In a small bowl combine basil, lemon zest, and 2 cloves garlic. Sprinkle each serving with basil mixture.

nutrition facts per serving: 197 cal., 5 g total fat (1 g sat. fat), 83 mg chol., 686 mg sodium, 19 g carb., 5 g dietary fiber, 19 g protein.

freshen up a soup with gremolata

Traditionally served over osso buco (braised veal shanks), a gremolata is a fragrant blend of chopped parsley, lemon zest, and garlic. Here are several ways to make this herb condiment to liven up a soup or stew.

- parsley gremolata: *3 tablespoons snipped parsley, 1 tablespoon finely shredded lemon zest, and 2 cloves garlic, minced, is the classic recipe for gremolata. It adds a jolt of freshness to long-simmered meat and poultry stews.*
- basil gremolata: *Using basil as the herb, this fragrant mixture enhances tomato, seafood, and Italian stews with a light citrusy flavor.*
- cilantro-lime gremolata: *Substituting cilantro for the parsley and lime zest for the lemon creates a vibrant topper for Tex-Mex pork or chicken soups.*
- other gremolatas: *Experiment with different combinations. Use chives as the herb, or mix the chives with basil and/or thyme, and replace the lemon or lime zest with orange zest. If desired, add a pinch of sea salt.*

lowfat

chunky fish soup

prep: 25 minutes **cook:** 20 minutes
makes: 6 servings

A garlic-flavored tomato broth and fresh parsley inject bright flavor into this fish and vegetable soup. For more robust flavor, try substituting some red wine for some of the vegetable broth.

½ cup chopped onion (1 medium)
½ cup chopped celery (1 stalk)
½ cup chopped carrot (1 medium)
1 clove garlic, minced
2 tablespoons olive oil
5 cups vegetable broth
1 14.5-ounce can diced tomatoes, undrained
1½ pounds assorted white fish (such as halibut, red snapper, or cod), cut into bite-size pieces
2 tablespoons snipped fresh Italian parsley
6 slices country-style bread, toasted

1 In a Dutch oven cook onion, celery, carrot, and garlic in hot oil over medium-high heat about 5 minutes or until tender. Add broth and undrained tomatoes. Heat to boiling; reduce heat. Simmer, covered, for 15 minutes. Stir in fish. Simmer, covered, about 5 minutes more or until fish flakes easily when tested with a fork. Stir in parsley.

2 Serve with toasted bread.

nutrition facts per serving: 286 cal., 8 g total fat (1 g sat. fat), 36 mg chol., 1146 mg sodium, 23 g carb., 2 g dietary fiber, 27 g protein.

lowfat

tilapia chowder with sage

start to finish: 30 minutes
makes: 6 servings

The firm texture and mild flavor of tilapia make it ideal for this tomato-based soup. Herbs and lemon infuse bright flavor while the fish simmers with fresh vegetables.

2 small carrots, peeled
1 medium onion, quartered
1 stalk celery
1 medium zucchini, halved lengthwise
3 tablespoons butter
3 14-ounce cans reduced-sodium chicken broth
1 14.5-ounce can diced tomatoes with basil, garlic, and oregano, undrained
¼ teaspoon salt
⅛ teaspoon ground black pepper
1½ pounds tilapia fillets, cut into 2-inch pieces
3 tablespoons chopped fresh sage
1 tablespoon lemon or lime juice
½ cup sour cream
Snipped fresh sage (optional)

1 Thinly slice the carrots, onion, celery, and zucchini. In a Dutch oven cook carrots, onion, and celery in hot butter over medium heat for 4 minutes or until crisp-tender.

2 Add broth, undrained tomatoes, salt, and pepper. Cover and bring to boiling. Add tilapia, zucchini, and sage. Return to boiling; reduce heat. Simmer, uncovered, for 3 minutes or

until fish flakes easily when tested with a fork, stirring occasionally. Stir in lemon juice. Top each serving with dollop of sour cream. If desired, sprinkle with sage.

nutrition facts per serving: 254 cal., 11 g total fat (7 g sat. fat), 78 mg chol., 1054 mg sodium, 12 g carb., 2 g dietary fiber, 28 g protein.

lowfat

veggie-fish chowder

prep: 20 minutes **cook:** 10 minutes
makes: 4 to 6 servings

1 pound cod, salmon, or other firm-textured fish, cut into 4 pieces
Ground black pepper
1 32-ounce carton reduced-sodium chicken broth
1 cup water
1 cup thinly sliced carrot (2 medium)
1 cup sugar snap peas, halved diagonally
1 4-ounce package (or ½ a 7.2-ounce package) butter-and-herb-flavored instant mashed potatoes
¼ cup finely shredded Parmesan cheese

1 Season fish lightly with pepper; set aside. In a 4-quart pot bring broth and water to boiling. Add carrot. Cook, covered for 5 minutes. Add fish and peas. Return to boiling. Reduce heat. Simmer, covered, for 3 minutes or until fish flakes easily when tested with a fork. Stir in mashed potatoes and simmer for 2 minutes.

2 Break fish into bite-size pieces. Top each serving with cheese.

nutrition facts per serving: 269 cal., 5 g total fat (2 g sat. fat), 52 mg chol., 1269 mg sodium, 28 g carb., 3 g dietary fiber, 28 g protein.

lowfat

peruvian shrimp chowder

prep: 15 minutes **cook:** 30 minutes
makes: 6 servings

Flounder and shrimp cook in a spicy tomato broth with corn and potatoes, two traditional staples of Peruvian cuisine. Cream cheese stirred in at the end adds flavor and richness.

8 ounces fresh or frozen flounder fillets (about 2 medium)
8 ounces fresh or frozen peeled and deveined medium shrimp
1 cup chopped onion (2 medium)
2 cloves garlic, minced
1 tablespoon canola oil
1 14.5-ounce can diced tomatoes, undrained
1 14-ounce can vegetable or chicken broth
1 cup water
12 ounces potatoes, scrubbed and cubed
1½ teaspoons Creole seasoning
⅛ to ¼ teaspoon crushed red pepper flakes
Dash bottled hot pepper sauce
1 3-ounce package cream cheese, softened
1 cup milk
1½ cups frozen whole-kernel corn

1 Thaw flounder and shrimp, if frozen. Rinse fish and shrimp; pat dry with paper towels. Cut flounder into bite-size pieces. Set aside. In a 4- to 5-quart Dutch oven cook onion and garlic in hot oil over medium heat for 12 to 15 minutes

or until onion is tender and lightly browned. Turn heat down as needed to prevent onions from overbrowning.

2 Stir in undrained tomatoes, broth, the water, potatoes, Creole seasoning, red pepper flakes, and hot pepper sauce. Bring to boiling; reduce heat. Simmer, covered, 15 to 20 minutes or until potatoes are just tender.

3 Meanwhile, in medium bowl beat cream cheese with an electric mixer on medium to high speed until smooth. Gradually beat in milk on low speed until mixture is very smooth.

4 Add flounder, shrimp, cream cheese mixture, and corn to soup. Return to boiling; reduce heat. Simmer, uncovered, 3 to 5 minutes or until shrimp are opaque.

nutrition facts per serving: 276 cal., 10 g total fat (4 g sat. fat), 94 mg chol., 593 mg sodium, 28 g carb., 4 g dietary fiber, 21 g protein.

lowfat

cajun fish soup

start to finish: 20 minutes
makes: 4 servings

Stir-fry veggies and the kick of Cajun seasoning start this delicious seafood meal. Add tilapia and tomatoes and this 20-minute soup is done.

12 ounces fresh or frozen sea bass, cod, or orange roughy fillets
4 cups assorted stir-fry vegetables from a salad bar or produce department or one 16-ounce package frozen stir-fry vegetables
4 cups reduced-sodium chicken broth
2 teaspoons Cajun seasoning
1 14.5-ounce can diced tomatoes, undrained

1 Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Cut fish into 1-inch pieces. Set aside.

2 In a large saucepan combine vegetables, broth, and Cajun seasoning. Bring to boiling; reduce heat. Simmer, covered, for 3 to 5 minutes or until vegetables are crisp-tender. Stir in fish and undrained tomatoes. Return to boiling; reduce heat. Simmer, covered, for 2 to 3 minutes more or until fish flakes easily when tested with a fork.

nutrition facts per serving: 157 cal., 2 g total fat (0 g sat. fat), 35 mg chol., 968 mg sodium, 12 g carb., 3 g dietary fiber, 21 g protein.

slowcooker lowfat

caribbean fish stew

prep: 30 minutes **slow cook:** 6 to 8 hours (low) or 3 to 4 hours (high) + 15 minutes (high)
makes: 6 servings

Ginger, jerk seasoning, lime, and garlic turn simple white fish into a tropical delight. This lively combo is easy to throw into the slow cooker anytime.

2 pounds sweet potatoes, peeled and coarsely chopped
1¼ cups chopped red sweet pepper (1 large)
½ cup chopped onion (1 medium)
1 tablespoon grated fresh ginger
½ teaspoon finely shredded lime zest
1 tablespoon lime juice
1 teaspoon Jamaican jerk seasoning
2 cloves garlic, minced
2 14-ounce cans chicken broth
1 14.5-ounce can diced tomatoes, undrained
1 pound fresh or frozen firm white fish
2 tablespoons snipped fresh cilantro

1 In a 4- to 5-quart slow cooker combine sweet potatoes, sweet pepper, onion, ginger, lime zest, lime juice, jerk seasoning, and garlic. Pour broth and undrained tomatoes over all.

2 Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.

3 Thaw fish, if frozen. Cut into 1-inch pieces. If using low-heat setting, turn to high-heat setting. Stir in fish. Cover and cook about 15 minutes more or until fish flakes easily when tested with a fork. Sprinkle each serving with cilantro.

nutrition facts per serving: 232 cal., 5 g total fat (1 g sat. fat), 45 mg chol., 792 mg sodium, 29 g carb., 4 g dietary fiber, 17 g protein.

lowfat

thai shrimp soup

prep: 30 minutes **cook:** 22 minutes
makes: 4 servings

Lemongrass infuses a refreshing citrusy flavor in this hot-and-sour soup, which also receives a flavor boost from hot chiles and fresh basil. Look for fresh or frozen lemongrass at Asian markets or in some gourmet grocery stores.

12 ounces fresh or frozen peeled and deveined shrimp (tails intact, if desired)
1 14-ounce can reduced-sodium chicken broth
2¾ cups water
2 lemongrass stalks (white part only), cut into ½-inch-thick slices
2 jalapeño peppers, halved lengthwise and seeded*
1 cup stemmed and sliced fresh shiitake and/or button mushrooms or ½ of a 15-ounce can whole straw mushrooms, drained
1 cup chopped red sweet pepper (1 large)
1 cup sliced carrot (2 medium)
2 tablespoons lime juice
2 tablespoons rice vinegar or white wine vinegar
2 teaspoons packed brown sugar
2 teaspoons bottled fish sauce
¼ cup slivered fresh basil

1 Thaw shrimp, if frozen. Rinse shrimp; pat dry with paper towels. Set aside.

2 In a large saucepan combine broth and the water. Bring to boiling. Add lemongrass and chile peppers. Return to boiling; reduce heat. Simmer, covered, for 10 minutes. Using a slotted spoon, remove lemongrass and chile peppers; discard.

3 Stir mushrooms, sweet pepper, carrot, lime juice, rice vinegar, brown sugar, and fish sauce into liquid in saucepan. Bring to boiling; reduce heat. Simmer, covered, for 10 to 15 minutes or until vegetables are crisp-tender. Add shrimp. Cook, covered, for 2 to 4 minutes more or until shrimp are opaque. Sprinkle each serving with basil.

nutrition facts per serving: 146 cal., 2 g total fat (0 g sat. fat), 129 mg chol., 623 mg sodium, 11 g carb., 2 g dietary fiber, 20 g protein.

***note:** See tip on handling chile peppers.

lowfat

fish provençale

start to finish: 30 minutes
makes: 4 servings

The sweet essence of fresh fennel blends nicely with fish, tomatoes, garlic, and onion in this classic French soup.

8 ounces fresh or frozen skinless haddock, grouper, or halibut fillets
1 fennel bulb
3 cups vegetable broth or chicken broth
1 cup finely chopped onion (1 large)
1 cup cubed yellow summer squash (1 small)
1 cup dry white wine
3 cloves garlic, minced
1 teaspoon finely shredded orange zest or lemon zest
2 cups chopped tomatoes or one 14.5-ounce can diced tomatoes, undrained
2 tablespoons snipped fresh thyme

1 Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Cut fish into 1-inch pieces; set aside.

2 Cut off and discard upper stalks of fennel. Remove any wilted outer layers; cut off and discard a thin slice from fennel base. Wash fennel; cut in half lengthwise and thinly slice.

3 In a large saucepan combine fennel slices, broth, onion, squash, wine, garlic, and orange zest. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. Stir in fish,

undrained tomatoes, and thyme; cook about 3 minutes more or until fish flakes easily when tested with a fork.

nutrition facts per serving: 165 cal., 1 g total fat (0 g sat. fat), 32 mg chol., 798 mg sodium, 17 g carb., 4 g dietary fiber, 13 g protein.

lowfat

shrimp and swiss chard soup with arborio rice

prep: 30 minutes **cook:** 47 minutes
makes: 6 servings

Swiss chard, a member of the beet family, has dark green leaves and reddish celerylike stalks. The vitamin-rich vegetable tastes bitter in the raw form and milder when cooked in soups like this.

1 pound fresh or frozen medium shrimp in shells
3 tablespoons olive oil
4 russet potatoes, peeled and cut into ¼-inch cubes
1 cup shredded carrot (2 medium)
1 tablespoon tomato paste
4 14-ounce cans reduced-sodium chicken broth
12 ounces Swiss chard, stems removed and cut into ½-inch strips (about 6 cups)
¾ cup Arborio rice
1 tablespoon snipped fresh oregano
¼ teaspoon salt
⅛ teaspoon ground black pepper

1 Thaw shrimp, if frozen. Peel and devein shrimp, leaving tails intact, if desired. Cut shrimp in half lengthwise. Rinse shrimp; pat dry with paper towels. Set aside.

2 In a Dutch oven heat oil over medium-high heat. Add potatoes; cook about 10 minutes or until potatoes start to

brown, stirring occasionally.

3 Stir in carrot; cook and stir about 3 minutes or until carrot is wilted. Stir in tomato paste; cook and stir for 1 minute. Add broth. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes.

4 Stir in Swiss chard and rice. Simmer, covered, about 15 minutes or just until rice is tender. Stir in shrimp, oregano, salt, and pepper. Simmer, covered, for about 2 minutes or until shrimp are opaque.

nutrition facts per serving: 304 cal., 8 g total fat (1 g sat. fat), 86 mg chol., 954 mg sodium, 40 g carb., 3 g dietary fiber, 19 g protein.

lowfat

creamy mussel soup

prep: 35 minutes **stand:** 45 minutes **cook:** 15 minutes
makes: 8 servings

Add unique flavor to this soup by substituting white wine for some of the steaming liquid for the mussels. Watch the pot carefully because the tender, sweet morsels only need to cook for a short time.

2 pounds mussels in shells
1 14-ounce can reduced-sodium chicken broth
1½ cups water
1 tablespoon olive oil
1 cup finely chopped leek (3 medium)*
2 cloves garlic, minced
¼ teaspoon saffron threads or ⅛ teaspoon ground turmeric
¼ teaspoon ground black pepper
1 cup fat-free half-and-half
1 tablespoon finely shredded fresh basil

1 Scrub live mussels under cold running water. Using your fingers, pull out the beards that are visible between the shells. In a very large bowl combine 4 quarts (16 cups) cold water and ⅓ cup salt. Add mussels; soak for 15 minutes. Drain in a colander. Rinse mussels, discarding water. Repeat soaking, draining, and rinsing two more times. Rinse well.

2 In a Dutch oven combine broth and the 1½ cups water; bring to boiling. Add mussels; reduce heat. Simmer, covered, for 5 to 7 minutes or until shells open and mussels

are cooked through. Discard any mussels that do not open. Using a slotted spoon, remove mussels from steaming liquid; set aside until cool enough to handle.

3 Line a sieve with 100-percent-cotton cheesecloth. Strain cooking liquid into a large bowl; discard solids. Set liquid aside. Remove meat from mussel shells; discard shells. Set aside.

4 In a large saucepan heat oil over medium heat. Add leek and garlic; cook for 3 to 5 minutes or until tender. Stir in reserved cooking liquid, saffron, and pepper. Bring to boiling; reduce heat. Boil gently about 15 minutes or until reduced to 3 cups. Stir in half-and-half; heat through.

5 Just before serving, stir mussels into soup. Sprinkle each serving with basil.

nutrition facts per serving: 79 cal., 4 g total fat (1 g sat. fat), 16 mg chol., 456 mg sodium, 7 g carb., 0 g dietary fiber, 3 g protein.

***note:** See tip on cleaning leeks.

lowfat

seafood cioppino

prep: 35 minutes **stand:** 20 minutes **chill:** Up to 2 hours
cook: 25 minutes
makes: 6 servings

Serve a seafood stew loaded with fish, shrimp, beans, and corn. Accompany it with garlic toasts and a bright lemon-dressed salad to accent the fresh flavor of the seafood.

1 pound fresh or frozen firm white fish (such as orange roughy or cod), cut into 1-inch pieces
1 pound fresh or frozen monkfish, cut into 1-inch pieces
8 ounces fresh or frozen medium shrimp
2 dried pasilla chile peppers
Boiling water
1 teaspoon salt
¾ teaspoon chili powder
4 teaspoons olive oil
1 large onion, chopped
1 cup frozen whole-kernel corn
1 tablespoon bottled minced garlic (6 cloves)
1 15-ounce can cannellini (white kidney) beans, rinsed and drained
1 14.5-ounce can diced tomatoes, undrained
1 8-ounce bottle clam juice
1 cup dry white wine
1 cup water
2 tablespoons canned diced green chiles
1 avocado, pitted, peeled, and chopped (optional)
⅓ cup snipped fresh cilantro (optional)

1 Thaw fish and shrimp, if frozen. Peel and devein shrimp. Rinse fish and shrimp; pat dry with paper towels.

2 In a small bowl combine pasilla chile peppers and enough boiling water to cover. Let stand for 20 minutes. Remove chile peppers with a slotted spoon, reserving ¼ cup of the soaking liquid. Remove seeds and stems from chile peppers and discard. In a blender combine chile peppers and reserved liquid. Cover and blend until smooth. Set aside.

3 Meanwhile, in a large, shallow bowl, combine fish and shrimp. In a small bowl combine ½ teaspoon of the salt and chili powder; sprinkle over fish.

4 In a 4-quart nonstick Dutch oven heat 2 teaspoons of the oil over medium-high heat. Add half of the fish and half of the shrimp; cook about 4 minutes or just until done, gently turning mixture with a spatula occasionally. Transfer with a slotted spatula to a clean bowl. Repeat with remaining seafood (add additional oil, if necessary). Chill bowl of seafood until needed (up to 2 hours).

5 In same Dutch oven heat remaining 2 teaspoons oil. Add onion, frozen corn, and garlic; cook for 3 minutes, stirring occasionally. Stir in pureed chile mixture, beans, undrained tomatoes, clam juice, wine, the 1 cup water, green chiles, and remaining ½ teaspoon salt. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes. Add seafood. Simmer, uncovered, for 5 minutes more. If desired, serve with avocado and cilantro.

nutrition facts per serving: 285 cal., 6 g total fat (1 g sat. fat), 74 mg chol., 774 mg sodium, 23 g carb., 5 g dietary fiber, 32 g protein.

jambalaya

prep: 25 minutes **cook:** 20 minutes
makes: 6 servings

Jambalaya is a classic Cajun stew made with shrimp, sausage, and plenty of seasonings. If you've never had it, try this simple recipe.

1 pound fresh or frozen peeled and deveined shrimp
2 tablespoons vegetable oil
½ cup chopped onion (1 medium)
⅓ cup chopped celery
¼ cup chopped green sweet pepper
2 cloves garlic, minced
2 cups chicken broth
1 14.5-ounce can diced tomatoes, undrained
8 ounces andouille or kielbasa sausage, halved lengthwise and cut into ½-inch slices
¾ cup long-grain rice
1 teaspoon dried thyme, crushed
½ teaspoon dried basil, crushed
¼ teaspoon ground black pepper
¼ teaspoon cayenne pepper
1 bay leaf
4 ounces cooked boneless ham, cut into bite-size cubes (1 cup)

1 Thaw shrimp, if frozen. Set aside.

2 In a 12-inch skillet heat oil over medium heat. Add onion, celery, sweet pepper, and garlic; cook and stir for 5 minutes. Stir in broth, undrained tomatoes, sausage, rice, thyme, basil, black pepper, cayenne pepper, and bay leaf. Bring to boiling; reduce heat. Simmer, covered, for 15

minutes. Stir in shrimp. Return to boiling; reduce heat. Simmer, covered, about 5 minutes more or until shrimp turn opaque and rice is tender. Stir in ham; heat through. Discard bay leaf.

nutrition facts per serving: 416 cal., 20 g total fat (6 g sat. fat), 154 mg chol., 1199 mg sodium, 27 g carb., 1 g dietary fiber, 30 g protein.

lowfat

shrimp gumbo

start to finish: 50 minutes
makes: 6 servings

A symbol of Creole cooking, gumbo is ubiquitous in homes and restaurants across Louisiana. Here, rice adds extra body and red and black pepper add the heat. If you prefer a less spicy soup, omit the cayenne pepper.

1 pound fresh or frozen medium shrimp
8 ounces bulk hot Italian sausage
1½ cups chopped green sweet pepper (1 large)
1 cup chopped onion (1 large)
1 cup thinly sliced celery (2 stalks)
2 14.5-ounce cans reduced-sodium stewed tomatoes, undrained
1 14-ounce can reduced-sodium chicken broth
3 cloves garlic, minced
1 teaspoon paprika
¼ teaspoon ground black pepper
⅛ to ¼ teaspoon cayenne pepper
1 cup instant white rice

1 Thaw shrimp, if frozen. Peel and devein shrimp. Rinse shrimp; pat dry with paper towels. Set aside.

2 In a large saucepan cook sausage, sweet pepper, onion, and celery until sausage is brown, stirring to break up sausage as it cooks. Drain fat.

3 Add undrained tomatoes, broth, garlic, paprika, black pepper, and cayenne pepper to sausage mixture. Return to boiling; reduce heat. Simmer, covered, for 10 minutes. Add shrimp; cover and cook about 4 minutes more or until shrimp are opaque. Remove from heat. Stir in rice. Cover and let stand for 5 minutes.

nutrition facts per serving: 338 cal., 14 g total fat (5 g sat. fat), 144 mg chol., 971 mg sodium, 28 g carb., 4 g dietary fiber, 24 g protein.

classic oyster stew

start to finish: 25 minutes
makes: 10 servings

The tasty juices called the oyster's "liquor" add a tantalizing smell and flavor to this rich and creamy stew. The key here is to cook the oysters gently until they're nice and tender; when the edges begin to curl, they've had enough heat.

1 pint (about 3 dozen) shucked oysters, undrained (about 1 pound)
4 cups whole milk
2 cups whipping cream
7 tablespoons unsalted butter
1 cup finely chopped yellow onion (1 large)
½ cup finely chopped celery (1 stalk)
¾ teaspoon kosher salt
3 tablespoons all-purpose flour
Ground black pepper
Pinch cayenne pepper
Snipped fresh parsley

1 Drain oysters, reserving liquor. Remove any shell pieces. Set oysters and liquor aside.

2 In medium saucepan heat milk and cream just to simmering; keep warm.

3 In Dutch oven melt 4 tablespoons of the butter over medium heat until bubbling. Add onion, celery, and ½ teaspoon of the salt, stirring well to coat in butter; cook slowly, stirring often, about 10 minutes or until onion is

tender and translucent. Sprinkle flour over vegetable mixture; cook for 2 minutes more, stirring well to blend in the flour. Slowly whisk in hot milk-cream mixture. Bring mixture back to a low simmer, stirring occasionally.

4 Meanwhile, in a 12-inch nonstick skillet melt remaining 3 tablespoons butter over medium heat until bubbling. Add drained oysters in a single layer. Sprinkle with remaining ¼ teaspoon salt and a few grinds of black pepper. Cook just until oysters begin to curl around the edges and gills are slightly exposed. Transfer oysters to the milk mixture in Dutch oven. Turn off heat under Dutch oven.

5 Add oyster liquor to hot skillet; cook 2 to 3 minutes, until boiling. Immediately transfer to Dutch oven; stir. Stir in cayenne pepper. Cover and let stand for 10 minutes. Sprinkle each serving with parsley.

nutrition facts per serving: 342 cal., 30 g total fat (18 g sat. fat), 121 mg chol., 303 mg sodium, 11 g carb., 0 g dietary fiber, 8 g protein.

lowfat

italian fish stew

start to finish: 30 minutes
makes: 4 servings

This Italian-style fish stew is often served over crostini or toast. Or if you like, sprinkle each serving with garlic-flavored croutons.

8 ounces fresh or frozen skinless cod or sea bass fillets
6 ounces fresh or frozen peeled and deveined shrimp
⅓ cup chopped onion
1 cup sliced celery (2 stalks)
1 clove garlic, minced
2 teaspoons olive oil
1 cup reduced-sodium chicken broth
¼ cup dry white wine or reduced-sodium chicken broth
1 14.5-ounce can no-salt-added diced tomatoes, drained
1 8-ounce can no-salt-added tomato sauce
1 teaspoon dried oregano, crushed
¼ teaspoon salt
⅛ teaspoon ground black pepper
1 tablespoon snipped fresh parsley

1 Thaw fish and shrimp, if frozen. Rinse fish and shrimp; pat dry with paper towels. Cut fish into 1½-inch pieces. Cut shrimp in half lengthwise. Cover and chill fish and shrimp until needed.

2 In large saucepan, cook onion, celery, and garlic in hot oil until tender. Carefully stir in broth and wine. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Stir in drained tomatoes, tomato sauce, oregano, salt, and pepper.

Return to boiling; reduce heat. Simmer, covered, for 5 minutes.

3 Gently stir in fish and shrimp. Return just to boiling; reduce heat to low. Simmer, covered, for 3 to 5 minutes or until fish flakes easily with a fork and shrimp are opaque. Sprinkle with parsley.

nutrition facts per serving: 165 cal., 4 g total fat (1 g sat. fat), 87 mg chol., 459 mg sodium, 12 g carb., 2 g dietary fiber, 19 g protein.

pick the best

Visit your local seafood market or shop around to find the best fresh fish selection. Fish should smell like the ocean and not fishy. When buying fillets, choose those that are springy to the touch and have firm, translucent flesh without tears or blemishes.

lowfat

smoky tomato-salmon chowder

start to finish: 55 minutes **oven:** at 425°F
makes: 6 servings

When only skin-on salmon fillets are available, bake as directed, skin sides down. When done, use a large spatula to lift the fillets from the skins; discard skins.

3 6-ounce fresh or frozen skinless salmon fillets
2 medium red sweet peppers, halved lengthwise and seeded
1 medium sweet onion, cut in ½-inch slices
1 jalapeño pepper, halved lengthwise and seeded*
1 to 2 teaspoons chili powder
½ teaspoon salt
2 14.5-ounce cans reduced-sodium chicken broth
1 14.5-ounce can no-salt-added diced tomatoes or diced fire-roasted tomatoes, undrained
Ground black pepper
¾ cup chopped tomato (1 large)
2 tablespoons coarsely chopped fresh Italian parsley
1 medium avocado, pitted, peeled, and sliced
Chili powder

1 Thaw salmon, if frozen. Preheat oven to 425°F. Place sweet peppers, onion, and chile pepper, cut sides down, on a foil-lined baking sheet. Roast for 20 to 25 minutes or until vegetables are charred and very tender. Bring foil up around

vegetables and fold edges together to enclose. Let stand about 15 minutes or until cool enough to handle.

2 Meanwhile, grease a shallow baking pan; set aside. Rinse salmon; pat dry with paper towels. Sprinkle with 1 to 2 teaspoons chili powder and ½ teaspoon salt. Place salmon in prepared baking pan, tucking under any thin edges. Bake for 4 to 6 minutes per ½-inch thickness or until salmon flakes easily when tested with a fork. Remove from oven; cover and keep warm.

3 Using a sharp knife, loosen edges of skins from peppers; gently pull off skins in strips and discard. Coarsely chop peppers and onion; transfer to a large saucepan. Add broth and undrained tomatoes. Bring to boiling, stirring occasionally. Remove from heat. Season to taste with salt and black pepper. Stir in chopped tomato and parsley.

4 Ladle soup into bowls. Break salmon into pieces and divide among bowls. Top with avocado and sprinkle with chili powder.

nutrition facts per serving: 218 cal., 9 g total fat (1 g sat. fat), 47 mg chol., 606 mg sodium, 14 g carb., 3 g dietary fiber, 20 g protein.

***note:** See tip on handling chile peppers.

lowfat

salmon and asparagus chowder

prep: 20 minutes **cook:** 20 minutes
makes: 8 servings

Lemon and dill bring fresh and lively flavors to this warming chowder. To speed preparation, substitute a 15-ounce can of canned salmon for the fresh and omit the poaching step.

1 pound fresh skinless salmon fillets
1½ cups water
2 14-ounce cans vegetable broth or 3½ cups vegetable stock
2 cups frozen whole small onions or ½ cup frozen chopped onion
2½ cups cubed red-skinned potato (3 medium)
1 tablespoon snipped fresh dill or ½ teaspoon dried dill
1 teaspoon finely shredded lemon zest
½ teaspoon salt
½ teaspoon ground black pepper
2½ cups whole milk, half-and-half, or light cream
2 tablespoons cornstarch
1 10-ounce package frozen cut asparagus, thawed and well-drained, or 2 cups cut-up trimmed fresh asparagus
Fresh dill sprigs (optional)

1 Rinse salmon; pat dry with paper towels. To poach salmon, in a large skillet bring the water to boiling. Add salmon. Return to boiling; reduce heat. Simmer, covered, for 6 to 8 minutes or until fish flakes easily when tested with a fork. Remove salmon from skillet; discard poaching liquid. Flake salmon into ½-inch pieces; set aside.

2 Meanwhile, in a large pot combine broth, onions, potato, snipped dill, lemon zest, salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes or until vegetables are tender, stirring occasionally.

3 In a large screw-top jar combine milk and cornstarch. Cover and shake well; stir into soup. Stir in asparagus; cook and stir until soup is slightly thickened and bubbly. Cook and stir for 2 minutes more. Gently stir in salmon; heat through. If desired, garnish with fresh dill sprigs.

nutrition facts per serving: 235 cal., 10 g total fat (3 g sat. fat), 39 mg chol., 609 mg sodium, 19 g carb., 2 g dietary fiber, 16 g protein.

lowfat

crab and pepper soup with fresh tomato salsa

start to finish: 30 minutes
makes: 8 servings

When choosing poblano chiles for this soup, go for the ones with the darkest color—they will be the sweetest.

¼ cup butter
2 poblano peppers, seeded and chopped*
¾ cup chopped red sweet pepper (1 medium)
½ cup chopped onion (1 medium)
2 cloves garlic, minced
¼ cup all-purpose flour
¼ teaspoon salt
¼ teaspoon ground black pepper
1 14.5-ounce can chicken broth
2 cups milk
1½ cups shredded asadero cheese or Monterey Jack cheese (6 ounces)
1 6.5-ounce can lump crabmeat, drained, or 8 ounces fresh lump crabmeat, picked over and cut into bite-size pieces
1 recipe Fresh Tomato Salsa
Crisp Tortilla Strips (optional)

1 In a large saucepan melt butter over medium heat. Add chile peppers, sweet pepper, onion, and garlic; cook until tender, stirring occasionally. Stir in flour, salt, and black

pepper. Gradually stir in broth; cook and stir until mixture is thickened and bubbly. Cook and stir for 1 minute more.

2 Reduce heat to medium-low. Stir in milk and cheese; cook and stir for 3 to 5 minutes or until cheese is melted. Stir in crabmeat; heat through.

3 Top each serving with Fresh Tomato Salsa. If desired, serve with Crisp Tortilla Strips.

nutrition facts per serving: 203 cal., 12 g total fat (8 g sat. fat), 60 mg chol., 664 mg sodium, 11 g carb., 1 g dietary fiber, 14 g protein.

***note:** See tip on handling chile peppers.

fresh tomato salsa: In a small bowl stir together 3 roma tomatoes, seeded and chopped; 1 green onion, thinly sliced; 1 tablespoon snipped fresh cilantro; 2 teaspoons lime juice; and 1 teaspoon finely chopped jalapeño pepper*. Season to taste with salt and ground black pepper.

crisp tortilla strips: Preheat oven to 350°F. Roll up each flour tortilla; slice crosswise, which will result in long, thin strips. Lightly coat tortilla strips with nonstick cooking spray and spread on a baking sheet. Bake about 5 minutes or until golden. Cool.

slowcooker lowfat

creamy butternut squash–shrimp curry soup

prep: 35 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high) + 20 minutes (high)

makes: 8 servings

To tailor the spiciness of this smooth and silky soup, start with 2 tablespoons of the red curry paste, taste, and add more if desired. For an equally good vegetarian soup, omit the shrimp and use vegetable broth.

8 cups cubed butternut squash (about 3½ pounds)
2 14.5-ounce cans reduced-sodium chicken broth
1 tablespoon butter
½ teaspoon salt
1 12-ounce can (1½ cups) evaporated fat-free milk
2 to 3 tablespoons Thai red curry paste
1 pound peeled and deveined medium fresh shrimp, halved lengthwise
Water (optional)

1 In a 4- to 5-quart slow cooker combine squash, broth, butter, and salt.

2 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

3 Stir evaporated milk and curry paste into mixture in cooker. Using an immersion blender, carefully blend soup. Stir in shrimp.

4 If using low-heat setting, turn cooker to high-heat setting. Cover and cook about 20 minutes more or until shrimp are opaque.

5 To serve, if desired, thin soup with a little water.

nutrition facts per serving: 187 cal., 3 g total fat (1 g sat. fat), 90 mg chol., 660 mg sodium, 20 g carb., 3 g dietary fiber, 16 g protein.

lowfat

hot-and-sour soup with shrimp

start to finish: 35 minutes
makes: 4 servings

This spectacular shrimp and vegetable soup turns into an egg drop soup when a beaten egg is added at the end of cooking. To achieve nice strands of egg, stir the egg slowly into the broth mixture.

12 ounces fresh or frozen shrimp in shells
4 ounces fresh shiitake mushrooms, stems removed and sliced, or button mushrooms, sliced
1 tablespoon vegetable oil
2 14-ounce cans chicken broth
¼ cup rice vinegar or white vinegar
2 tablespoons soy sauce
1 teaspoon sugar
1 teaspoon grated fresh ginger or ¼ teaspoon ground ginger
½ teaspoon ground black pepper
1 tablespoon cornstarch
1 tablespoon cold water
½ cup frozen peas
½ cup shredded carrot (1 medium)
2 tablespoons thinly sliced green onion (1)
1 egg, lightly beaten

1 Thaw shrimp, if frozen. Peel and devein shrimp. Rinse shrimp; pat dry with paper towels. Set aside. In a large saucepan cook and stir mushrooms in hot oil until tender. Add broth, vinegar, soy sauce, sugar, ginger, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 2 minutes. Stir in shrimp. Return to boiling; reduce heat. Simmer, covered, for 1 minute more.

2 Stir together cornstarch and the cold water. Stir into chicken broth mixture; cook and stir until slightly thickened and bubbly. Cook and stir for 2 minutes more. Stir in peas, carrot, and green onion. Pour egg into soup in a steady stream, stirring a few times to create shreds.

nutrition facts per serving: 212 cal., 7 g total fat (1 g sat. fat), 184 mg chol., 1430 mg sodium, 13 g carb., 2 g dietary fiber, 22 g protein.

10

spin the globe

Take your palate on an amazing expedition with ethnic flavorings straight from some of the best soup kettles around the world. These signature concoctions from Italy, Mexico, India, and other faraway places showcase authentic flavors that tingle taste buds.

Moroccan Lamb Tagine
Teriyaki Beef-Noodle Soup
Mexican Posole Soup with Avocado
Lamb Korma
Luck of The Irish Stew
French-Style Beef Stew
Chinese Hot Pot
Mexican Pork and Chile Stew
Pork Satay Stew
Tinga Poblana
Caribbean Pork Stew with Lime Gremolata
Japanese Cabbage Stew
Asian Pork Soup
German Potato-Sausage Soup
Italian Sausage Soup
Chicken Pho Ga (Vietnamese Chicken Soup)
Tuscan Ravioli Stew
Basque Chicken Stew
Indian Curry Chicken Stew
Caribbean Chicken Stew
Thai Chicken Soup
Beef and Borscht Stew
Moroccan Chicken Stew
Puttanesca Turkey Stew
Roasted Tomato Soup with Shrimp and Queso Fresco

Hot African Stew
Indian Cauliflower Soup with Garam Masala
Scottish Cock-A-Leekie Soup
Provençal Seafood Stew
Brazilian Black Bean Stew
Indonesian Chicken and Soba Noodle Soup

slowcooker lowfat

moroccan lamb tagine

prep: 40 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high)
makes: 6 servings

"Tagine" is the name of savory Moroccan meat or poultry stews as well as the ceramic vessel in which they are cooked. A slow cooker creates the same kind of moist, gentle cooking environment.

1½ to 2 pounds boneless lamb shoulder roast or lamb stew meat
½ teaspoon salt
½ teaspoon ground cumin
½ teaspoon ground ginger
¼ teaspoon ground cinnamon
¼ teaspoon ground turmeric
1½ cups coarsely chopped, peeled sweet potato (1 large)
2 medium carrots, cut into 1-inch pieces
½ cup chopped onion (1 medium)
⅓ cup chopped roma tomato (1 medium)
⅓ cup pitted whole dates, quartered
¼ cup pitted green olives, halved
2 tablespoons quick-cooking tapioca
½ teaspoon finely shredded lemon zest
1 tablespoon lemon juice
1 tablespoon honey
2 cloves garlic, minced
1 14.5-ounce can chicken broth

1 teaspoon orange-blossom water*
3 cups hot cooked couscous
Sliced almonds, toasted

1 Trim fat from meat. Cut meat into 1-inch pieces. Place meat in a large bowl. In a small bowl combine salt, cumin, ginger, cinnamon, and turmeric. Sprinkle mixture over meat; toss to coat.

2 In a 3½- or 4-quart slow cooker combine seasoned meat, sweet potato, carrots, onion, tomato, dates, olives, tapioca, lemon zest, lemon juice, honey, and garlic. Pour broth over all.

3 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Stir in orange-blossom water.

4 Serve meat mixture over couscous. Sprinkle with almonds.

nutrition facts per serving: 368 cal., 8 g total fat (2 g sat. fat), 70 mg chol., 674 mg sodium, 45 g carb., 5 g dietary fiber, 28 g protein.

***note:** Orange-blossom water, stirred in at the end of cooking, is a distilled water that contains the essential oils of orange blossoms. Just a little is all you need for a nice hint of citrus. If you can’t find it, squeeze fresh orange juice over each serving.

slowcooker lowfat

teriyaki beef-noodle soup

prep: 20 minutes **slow cook:** 6 to 8 hours (low) or 3 to 4 hours (high) **stand:** 5 minutes
makes: 6 servings

Just 20 minutes of prep work, and you'll be ready to plug in your slow cooker for a broth-based soup that's richly seasoned with ginger. Use curly dried Chinese egg noodles, rather than rice sticks or rice noodles, for easier serving.

1 pound beef stir-fry strips
2 14-ounce cans beef broth
2 cups water
2 medium red or green sweet peppers, cut into ½-inch pieces
1 8-ounce can sliced water chestnuts, drained and chopped
6 green onions, cut into 1-inch pieces
3 tablespoons soy sauce
1 teaspoon ground ginger
¼ teaspoon ground black pepper
5 to 6 ounces dried Chinese noodles
Green onion, cut into thin strips (optional)

1 In a 3½- or 4-quart slow cooker combine beef, beef broth, the water, sweet peppers, water chestnuts, green onions, soy sauce, ginger, and black pepper.

2 Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours. Turn off cooker. Stir in

noodles. Cover and let stand for 5 minutes. If desired, top with green onion strips.

nutrition facts per serving: 230 cal., 4 g total fat (1 g sat. fat), 46 mg chol., 1628 mg sodium, 26 g carb., 3 g dietary fiber, 22 g protein.

mexican posole soup with avocado

prep: 30 minutes **cook:** 30 minutes
makes: 8 servings

Starting with an already cooked rotisserie chicken makes this Mexican-style soup go together in less than an hour. For an extra dimension of flavor in this soup, substitute two 15-ounce cans of fire-roasted diced tomatoes for the 28-ounce can of plum tomatoes.

1 2- to 2½-pound deli-roasted chicken
¾ cup chopped yellow onion (1 large)
2 teaspoons ground cumin
1 teaspoon chili powder
2 teaspoons vegetable oil
2 14.5-ounce cans reduced-sodium chicken broth
1 28-ounce can peeled plum tomatoes in puree, undrained and cut up*
1 15-ounce can yellow or white hominy, drained
1 10-ounce package frozen whole-kernel corn
2 4-ounce cans diced green chiles, undrained
1 cup shredded Mexican cheese blend (4 ounces)
Snipped fresh cilantro, halved grape tomatoes, sliced avocado, and/or corn tortilla chips
Lime wedges (optional)

1 Remove and discard skin from chicken. Pull meat from bones; discard bones. Cube chicken (you should have about 3½ cups); set aside.

2 In a 4-quart Dutch oven cook onion, cumin, and chili powder in hot oil over medium heat for 4 to 6 minutes or until onion is tender. Add chicken, broth, undrained plum tomatoes, hominy, corn, and chile peppers. Bring to boiling; reduce heat. Simmer, uncovered, for 30 minutes, stirring occasionally.

3 Top each serving with cheese, cilantro, grape tomatoes, avocado, and/or tortilla chips. If desired, serve with lime wedges.

nutrition facts per serving: 392 cal., 21 g total fat (7 g sat. fat), 75 mg chol., 1191 mg sodium, 32 g carb., 7 g dietary fiber, 22 g protein.

***note:** Use a pair of clean kitchen scissors to cut up the tomatoes in the can.

slowcooker lowfat

lamb korma

prep: 15 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high)
makes: 6 servings

The flavors of India emerge when you mix lamb, potatoes, and tomatoes with garam masala. You'll find the spice mix at ethnic grocers, but most supermarkets stock it too. Dollops of cool yogurt complement the warm stew.

2 pounds lean boneless lamb
1 tablespoon garam masala
¼ teaspoon salt
¼ teaspoon ground black pepper
3 cups cubed, peeled potatoes (3 medium)
1 14.5-ounce can diced tomatoes with onion and garlic, undrained
¼ cup water
¾ cup plain yogurt (optional)

1 Trim fat from meat. Cut meat into 1-inch pieces. In a medium bowl combine meat, garam masala, salt, and pepper; toss to coat. Place potatoes in a 3½- or 4-quart slow cooker. Add seasoned meat. Pour undrained tomatoes and the water over all.

2 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. If desired, top each serving with yogurt.

nutrition facts per serving: 282 cal., 8 g total fat (3 g sat. fat), 97 mg chol., 538 mg sodium, 18 g carb., 1 g dietary fiber, 33 g protein.

a perfect bowl

The secret to a successful soup buffet is keeping the soup at the perfect temperature. Slow cookers with serving burners are two easy options to keep soup warm, with only occasional stirring required. For cold soups, nestle a soup tureen in a bed of ice and serve the soup in chilled bowls.

luck of the irish stew

prep: 25 minutes **cook:** 1¼ hours
makes: 6 servings

Nothing is more Irish than this rich and flavorful stew full of carrots, potatoes, and lamb. Some cooks also add turnips or parsnips, when available.

1 pound boneless lamb or boneless beef chuck roast, cut into ¾-inch pieces
4 cups beef broth
2 medium onions, cut into wedges
¼ teaspoon ground black pepper
1 bay leaf
4 medium potatoes (1½ pounds), peeled and quartered
6 medium carrots, sliced ½-inch thick (3 cups)
½ teaspoon dried thyme, crushed
¼ teaspoon dried basil, crushed
½ cup cold water
¼ cup all-purpose flour
Salt
Sprigs of fresh thyme (optional)

1 In a large saucepan combine lamb, broth, onions, pepper, and bay leaf. Bring to boiling; reduce heat. Simmer, covered, for 45 minutes. Skim off the fat.

2 Add potatoes, carrots, dried thyme, and basil. Bring to boiling; reduce heat. Simmer, covered, for 30 to 35 minutes more or until vegetables are tender. Discard bay leaf.

3 Stir together the cold water and flour. Add flour mixture to stew; cook and stir until thickened and bubbly. Cook and stir

for 1 minute more. Season to taste with salt. If desired, garnish with fresh thyme.

nutrition facts per serving: 315 cal., 13 g total fat (3 g sat. fat), 50 mg chol., 615 mg sodium, 30 g carb., 5 g dietary fiber.

lowfat

french-style beef stew

prep: 35 minutes **cook:** 1¾ hours
makes: 4 servings

Herbes de Provence, an essential herb blend in Provencal cooking, gives this stew complex fragrance and flavor. Find it at specialty stores. Or, to make your own blend, start by combining equal parts of lavender, fennel, thyme, rosemary, dill, and tarragon. Adjust amounts of each herb to achieve the flavor you like best.

1 tablespoon olive oil
1 pound boneless beef top round steak, cut into 1-inch cubes
½ cup chopped onion (1 medium)
1 cup dry white wine
2 cups water
1 teaspoon dried herbes de Provence, crushed
¼ teaspoon salt
¼ teaspoon ground black pepper
16 baby carrots
8 tiny new potatoes, halved or quartered
8 pearl onions, peeled
1 tomato, peeled, seeded, and chopped
¼ cup pitted niçoise or kalamata olives
2 tablespoons capers, drained
8 ounces steamed haricots verts or small green beans
1 tablespoon snipped fresh parsley

1 In a 4-quart Dutch oven heat oil. Add beef cubes and onion, half at a time; cook and stir until beef is brown. Drain fat. Return all beef to Dutch oven.

2 Add wine to Dutch oven; cook and stir over medium heat, scraping up browned bits in bottom of Dutch oven. Add the water, herbes de Provence, salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, about 1¼ hours or until meat is nearly tender. Add carrots, potatoes, and onions. Return to boiling; reduce heat. Simmer, covered, about 30 minutes more or until meat and vegetables are tender. Stir in tomato, olives, and capers; heat through.

3 Place haricots verts in shallow soup bowls; top with stew. Sprinkle each serving with parsley.

nutrition facts per serving: 377 cal., 10 g total fat (2 g sat. fat), 72 mg chol., 399 mg sodium, 31 g carb., 5 g dietary fiber, 31 g protein.

lowfat

chinese hot pot

prep: 1 hour **cook:** 15 minutes
makes: 6 to 8 servings

A soy-ginger topping, sparked with fresh cilantro, jalapeño, and garlic, makes a lively topper for this Asian soup.

8 ounces fresh or frozen peeled and deveined shrimp
8 ounces fresh or frozen sole fillets
8 ounces boneless beef top loin steak
3 cups shredded napa cabbage
1 cup sliced fresh shiitake mushrooms
1 cup fresh bean sprouts, trimmed
1 cup thinly bias-sliced carrot (2 medium)
1 8-ounce can sliced bamboo shoots, drained
8 cups water
1 teaspoon salt
4 ounces wide rice noodles
2 tablespoons sliced green onion (1)
1 1-inch piece fresh ginger, peeled and thinly sliced
1 recipe Soy-Ginger Topping

1 Thaw shrimp and fish if frozen.

2 Trim fat from meat. If desired, in a lightly oiled large skillet cook meat over medium-high heat until brown on both sides. Thinly slice meat into bite-size strips. Arrange meat on a serving platter. Rinse shrimp and fish; pat dry with paper towels. Cut fish into 2-inch pieces. Add shrimp and fish to platter; set aside.

3 Arrange cabbage, mushrooms, bean sprouts, carrots, and bamboo shoots on a separate serving platter; set aside.

4 In a large saucepan bring the water and salt to boiling. Pour boiling water into an electric wok or electric skillet. Heat wok or skillet over medium heat at the table.

5 Place meat, shrimp, and fish into simmering water and cook until done. Allow 1 minute for meat or until slightly pink in center, 1 to 2 minutes for shrimp or until opaque, and 1 to 2 minutes for fish or until it flakes easily when tested with a fork. Remove from liquid with a slotted spoon and divide among bowls. Add cabbage, mushrooms, bean sprouts, carrot, and bamboo shoots to pot; cook for 1 to 2 minutes or until crisp-tender. Remove from liquid and divide among bowls. When all meat, shrimp, fish, and vegetables are cooked, add noodles, green onion, and ginger to pot; cook about 3 minutes or until noodles are tender. Discard ginger slices. Spoon hot liquid and noodles over meat, shrimp, fish, and vegetables in each bowl. Add spoonfuls of Soy-Ginger Topping to each bowl to taste.

nutrition facts per serving: 270 cal., 5 g total fat (1 g sat. fat), 93 mg chol., 1293 mg sodium, 29 g carb., 3 g dietary fiber, 26 g protein.

soy-ginger topping: In a small bowl stir together ½ cup reduced-sodium soy sauce; ¼ cup snipped fresh cilantro; ¼ cup sliced green onions (2); 1 tablespoon roasted sesame oil; 1 small jalapeño pepper, seeded and finely chopped (optional; see tip on handling chile peppers); 2 teaspoons grated fresh ginger; and 2 cloves garlic, minced. Cover and let stand for 1 hour before serving. Makes about ¾ cup.

slowcooker

mexican pork and chile stew

prep: 40 minutes **slow cook:** 6 to 8 hours (low) or 3 to 4 hours (high)
makes: 8 servings

Dried chiles often come in packages that contain many more chiles than are needed for a singular dish. The good news is that chiles, stored tightly sealed in a cool and dark place, keep for at least a year.

3 dried ancho chile peppers, seeded and torn into pieces
3 dried guajillo chile peppers, seeded and torn into pieces
2 dried pasilla chile peppers, seeded and torn into pieces
4 cloves garlic, chopped
½ teaspoon ground cinnamon
½ teaspoon dried oregano
¼ teaspoon ground cloves
¼ teaspoon ground cumin
3 cups reduced-sodium chicken broth
2 tablespoons vegetable oil
2½ pounds boneless pork shoulder, cut into ¾-inch cubes
1 cup chopped onion (1 large)
½ cup raisins
½ cup orange juice
2 bay leaves
1 ounce Mexican chocolate, grated
2 teaspoons packed brown sugar
2 teaspoons cider vinegar
½ teaspoon salt

Flour tortillas, warmed*

1 In a small bowl combine ancho chile peppers, guajillo chile peppers, and pasillo chile peppers. Pour boiling water over peppers to cover. Let stand for 20 minutes. Drain peppers; discard water.

2 In a food processor combine drained peppers, garlic, cinnamon, oregano, cloves, and cumin. Add ½ cup of the broth. Cover and process until smooth; set aside.

3 In a large skillet heat oil over medium heat. Add pork, half at time; cook and stir until brown. Transfer pork to a 3½- or 4-quart slow cooker. Add onion to skillet; cook and stir for about 6 minutes or until tender. Transfer onion to slow cooker. Add pureed pepper mixture, remaining 2½ cups broth, raisins, orange juice, and bay leaves to cooker.

4 Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours. Skim fat from cooking liquid. Discard bay leaves. Add chocolate, brown sugar, vinegar, and salt. Stir until chocolate melts.

5 Serve stew with warm flour tortillas.

nutrition facts per serving: 618 cal., 32 g total fat (10 g sat. fat), 99 mg chol., 707 mg sodium, 48 g carb., 3 g dietary fiber, 32 g protein.

***note:** To warm tortillas, preheat oven to 350°F. Stack tortillas and wrap them tightly in foil. Heat for about 10 minutes or until tortillas are heated through.

slowcooker

pork satay stew

prep: 15 minutes **slow cook:** 7 to 8 hours (low) or 3½ to 4 hours (high)
makes: 6 servings

Satay is an Indonesian specialty of spicy marinated meat that's skewered, then broiled or grilled. Bring its lively flavors home with this easy stew.

1½ pounds boneless pork shoulder roast
2 red and/or green sweet peppers, cut into 1-inch pieces
1 red onion, cut into wedges
1 cup bottled thick and chunky salsa
½ cup creamy peanut butter
1 tablespoon reduced-sodium soy sauce
1 tablespoon lime juice
1½ teaspoons grated fresh ginger
½ teaspoon ground coriander
¾ cup half-and-half or light cream
3 cups hot cooked white or brown rice
⅓ cup chopped dry-roasted peanuts
¼ cup sliced green onion (2)

1 Trim fat from meat. Cut meat into 1-inch pieces. In a 3½-quart slow cooker combine meat, sweet pepper, red onion, salsa, peanut butter, soy sauce, lime juice, ginger, and coriander.

2 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours. Stir in half-and-half.

3 Serve meat mixture over rice. Sprinkle with peanuts and green onion.

nutrition facts per serving: 502 cal., 25 g total fat (7 g sat. fat), 84 mg chol., 462 mg sodium, 36 g carb., 3 g dietary fiber, 34 g protein.

slowcooker

tinga poblana

prep: 30 minutes **slow cook:** 8 hours (low)
makes: 8 servings

The tender bits of shredded pork in a rich chipotle-tomato sauce can simply be eaten out of a bowl or used to fill corn or flour tortillas. Transfer leftover chipotles in adobo to a small container. Cover and refrigerate them for up to 1 month.

1 2-pound boneless pork shoulder roast
8 ounces uncooked chorizo sausage, casings removed
2 cups cubed red-skin potatoes (2 medium)
1 cup chopped onion (1 large)
1 14.5-ounce can diced fire-roasted tomatoes, undrained
3 canned chipotle peppers in adobo sauce, chopped*
1 tablespoon canned adobo sauce
2 bay leaves
4 cloves garlic, minced
1 teaspoon dried thyme, crushed
1 teaspoon dried Mexican oregano or oregano, crushed
½ teaspoon salt
¼ teaspoon sugar
1 10-ounce package tortilla chips or 16 corn tortillas, warmed
2 avocados, pitted, peeled, and thinly sliced
2 cups crumbled queso fresco (8 ounces)
Fresh cilantro sprigs (optional)

1 Trim fat from pork roast. Cut roast into 1-inch pieces; set aside. In a large skillet cook sausage over medium-high heat until brown, using a wooden spoon to break up meat as it cooks. Remove sausage; drain on paper towels.

2 In a 3½- or 4-quart slow cooker combine sausage, pork roast, potatoes, and onion. Add undrained tomatoes, chile peppers, adobo sauce, bay leaves, garlic, thyme, oregano, salt, and sugar. Cover and cook on low-heat setting for 8 hours.

3 Using a slotted spoon, remove pork roast from cooker. Using 2 forks, pull roast apart into coarse shreds. Discard bay leaves. Skim fat from tomato mixture. Return shredded meat to cooker.

4 Serve meat mixture in shallow bowls with tortilla chips. Garnish each serving with avocado, queso fresco, and, if desired, cilantro.

nutrition facts per serving: 661 cal., 37 g total fat (12 g sat. fat), 119 mg chol., 1022 mg sodium, 42 g carb., 6 g dietary fiber, 41 g protein.

***note:** See tip on handling chile peppers.

lowfat

caribbean pork stew with lime gremolata

prep: 25 minutes **cook:** 50 minutes
makes: 6 servings

A vibrant blend of fresh parsley, garlic, and lime makes up the gremolata, which brightens this stew and boosts its robust flavor.

Nonstick cooking spray
1 pound lean boneless pork, cut into ½-inch cubes
3 onions, cut into wedges
1 14.5-ounce can no-salt-added diced tomatoes, undrained
1 14-ounce can reduced-sodium chicken broth
1 8-ounce can no-salt-added tomato sauce
¼ teaspoon cayenne pepper
2 sweet potatoes, peeled, halved lengthwise, and cut into ½-inch slices
2 green, yellow, and/or red sweet peppers, seeded and cut into bite-size strips
1 cup canned black beans, rinsed and drained
3 tablespoons lime juice
1 recipe Lime Gremolata
Lime wedges (optional)

1 Coat an unheated 4-quart Dutch oven with nonstick cooking spray. Heat Dutch oven over medium heat. Add pork to hot Dutch oven; cook and stir until browned. Add onions, undrained tomatoes, broth, tomato sauce, and

cayenne pepper. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes.

2 Add sweet potatoes, sweet peppers, and black beans. Return to boiling; reduce heat. Simmer, covered, for about 20 minutes or until vegetables are tender. Stir in lime juice. Top each serving with Lime Gremolata. If desired, garnish with lime wedges.

nutrition facts per serving: 231 cal., 4 g total fat (1 g sat. fat), 47 mg chol., 433 mg sodium, 29 g carb., 7 g dietary fiber, 22 g protein.

lime gremolata: In a bowl stir together ½ cup snipped fresh parsley, 1 teaspoon finely shredded lime zest, and 1 clove garlic, minced.

slowcooker

japanese cabbage stew

prep: 30 minutes **slow cook:** 6 hours (low) or 3 hours (high)
makes: 8 to 10 servings

This wonderful Asian-style stew tastes like egg roll filling. Miso, a healthful paste of fermented grains and soybeans, adds superlative flavor. If you can't find miso in your supermarket, try a natural foods store.

Nonstick cooking spray
6 cups packaged shredded cabbage with carrot (coleslaw mix)
1¼ pounds lean ground pork
1 cup chopped bok choy leaves or fresh spinach leaves
1 cup chopped red sweet pepper (2 small)
½ cup finely chopped onion (1 medium)
½ cup finely chopped celery (1 stalk)
¼ cup finely chopped green onion (2)
2 tablespoons red miso paste
½ teaspoon salt
¼ teaspoon ground black pepper
4 cups reduced-sodium chicken broth
¼ cup soy sauce
3 tablespoons tomato paste
2 tablespoons sake or cream sherry
1 tablespoon rice vinegar
1 teaspoon dried thyme, crushed

1 Lightly coat the inside of a 3½- or 4-quart slow cooker with cooking spray. In a large bowl combine coleslaw mix, ground pork, bok choy, sweet peppers, onion, celery, green onion, red miso paste, salt, and black pepper. Transfer mixture to prepared cooker.

2 In a medium bowl whisk together broth, soy sauce, tomato paste, sake, vinegar, and thyme. Pour broth mixture over pork mixture; stir to combine.

3 Cover and cook on low-heat setting for 6 hours or on high-heat setting for 3 hours.

nutrition facts per serving: 247 cal., 15 g total fat (6 g sat. fat), 51 mg chol., 1215 mg sodium, 10 g carb., 2 g dietary fiber, 16 g protein.

lowfat

asian pork soup

start to finish: 20 minutes
makes: 6 servings

A ginger- and garlic-infused broth is bulked up with Chinese cabbage, which lends a mild flavor and lovely crunch to this simple soup. A splash of dry sherry adds a nice flavor note.

Nonstick cooking spray
12 ounces lean boneless pork, cut into bite-size pieces
2 cups sliced fresh shiitake mushrooms
2 cloves garlic, minced
3 14-ounce cans reduced-sodium chicken broth
2 tablespoons dry sherry
2 tablespoons reduced-sodium soy sauce
2 teaspoons grated fresh ginger or ½ teaspoon ground ginger
¼ teaspoon crushed red pepper flakes
2 cups thinly sliced Chinese (napa) cabbage
1 green onion, thinly sliced

1 Coat an unheated large nonstick saucepan with nonstick cooking spray. Heat saucepan over medium heat. Add pork to hot saucepan; cook for 2 to 3 minutes or until slightly pink in center. Remove from saucepan; set aside. Add mushrooms and garlic to saucepan; cook and stir until tender.

2 Stir in broth, sherry, soy sauce, ginger, and red pepper flakes. Bring to boiling. Stir in pork, Chinese cabbage, and green onion; heat through.

nutrition facts per serving: 140 cal., 3 g total fat (1 g sat. fat), 31 mg chol., 691 mg sodium, 10 g carb., 1 g dietary fiber, 16 g protein.

lowfat

german potato-sausage soup

prep: 20 minutes **cook:** 17 minutes
makes: 6 servings

Three German favorites—sausage, caraway, and beer—star in this surprisingly light soup. Using turkey sausage instead of pork sausage cuts fat by more than 50 percent.

12 ounces bulk turkey sausage
8 ounces fresh mushrooms, sliced
½ cup chopped onion (1 medium)
½ cup chopped celery (1 stalk)
1 teaspoon caraway seeds, crushed
¼ teaspoon ground black pepper
1¾ cups reduced-sodium beef broth
½ cup light beer, nonalcoholic beer, or reduced-sodium beef broth
2 potatoes, cubed
1 cup small broccoli florets
2 cups shredded cabbage
1½ cups fat-free milk

1 In a 4-quart Dutch oven cook sausage, mushrooms, onion, and celery over medium heat until sausage is brown, using a wooden spoon to break up sausage as it cooks. Drain fat.

2 Add caraway seeds and pepper to sausage mixture in Dutch oven. Add broth and beer. Bring to boiling. Add potatoes. Simmer, covered, for 10 minutes. Add broccoli.

Simmer, covered, about 5 minutes more or until potatoes and broccoli are tender.

3 Stir cabbage and milk into sausage-broccoli mixture; cook for 2 to 3 minutes or just until cabbage is tender and soup is heated through.

nutrition facts per serving: 179 cal., 5 g total fat (1 g sat. fat), 44 mg chol., 522 mg sodium, 16 g carb., 3 g dietary fiber, 17 g protein.

slowcooker

italian sausage soup

prep: 30 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high) + 20 minutes (high)
makes: 8 servings

This zesty stick-to-the-ribs soup boasts six seasonings plus Italian sausage. Vary the spiciness by choosing either sweet or hot sausage.

1 pound Italian sausage (remove casings, if present)
½ cup chopped onion (1 medium)
1 clove garlic, chopped
1 cup chopped carrot (1 medium)
½ cup chopped celery (1 stalk)
1 14.5-ounce can diced tomatoes, undrained
1 8-ounce can tomato sauce
1 teaspoon dried oregano
½ teaspoon dried rosemary
½ teaspoon dried basil
¼ teaspoon dried thyme
¼ teaspoon fennel seeds
1 bay leaf
3 14-ounce cans reduced-sodium chicken broth
½ cup dried orzo or finely broken capellini pasta
Finely shredded Parmesan cheese (optional)

1 In a large skillet combine Italian sausage, onion, and garlic over medium heat; cook until sausage is cooked through, using a wooden spoon to break sausage into bite-size pieces. Drain fat.

2 In 4½- to 6-quart slow cooker combine carrot and celery. Place sausage mixture on top of vegetables. In a medium bowl combine tomatoes, tomato sauce, oregano, rosemary, basil, thyme, fennel seeds, and bay leaf. Pour over sausage mixture. Pour broth over all.

3 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

4 If using low-heat setting, turn to high-heat setting. Stir in pasta. Cover and cook for 20 minutes more. Discard bay leaf. If desired, serve with cheese.

nutrition facts per serving: 250 cal., 13 g total fat (5 g sat. fat), 38 mg chol., 923 mg sodium, 17 g carb., 2 g dietary fiber, 12 g protein.

chicken pho ga (vietnamese chicken soup)

prep: 40 minutes **cook:** 2¼ hours
makes: 10 servings

To bring out the fragrance in coriander, toast the seeds. Put them in a dry heavy skillet over medium heat for 1 to 2 minutes or until the seeds are toasted and aromatic, shaking the skillet frequently.

1 3½- to 4-pound whole broiler chicken
2 pounds chicken necks, backs, and/or wings
2 onions, peeled and quartered
1 2-inch piece unpeeled fresh ginger, cut into ½-inch slices
2 tablespoons coriander seeds, toasted
2 teaspoons sugar
2 teaspoons salt
6 whole cloves
½ small bunch fresh cilantro
Cold water (about 4 quarts)
3 to 4 tablespoons fish sauce
8 ounces dried thin rice noodles (¼ inch thick)
3 green onions, thinly sliced (include 2 inches of green portions)
2 cups fresh bean sprouts
½ cup fresh Thai or Italian basil leaves, torn or shredded
¼ cup fresh mint leaves, torn or shredded
1 to 2 jalapeño peppers, sliced*
Limes, cut into wedges
Asian chili-garlic sauce

1 In a 6- to 8-quart Dutch oven place whole chicken and chicken pieces. Add quartered onions, ginger, coriander seeds, sugar, salt, and cloves. Remove leaves and tender stems from cilantro; set aside. Add remaining stems to pot. Add enough of the cold water to cover. Bring just to simmering over medium heat. Skim off any foam. Simmer, uncovered, for 35 to 40 minutes or until chicken is no longer pink (180°F in thigh).

2 Remove whole chicken and pieces from pot; continue simmering onion mixture. When chicken is cool enough to handle, remove meat from bones. Return skin and bones to pot. Simmer for 1½ hours. Coarsely shred chicken. Cover and chill chicken until needed. Strain broth through two layers of 100-percent-cotton cheesecloth placed in a colander; discard solids. Skim fat from broth. Return broth to pot; stir in fish sauce.

3 Meanwhile, soak noodles in warm water about 20 minutes or until pliable; drain and set aside.

4 To serve, place noodles in a large saucepan of boiling, lightly salted water to heat. Drain and divide noodles among warmed large bowls. Top with green onions. Add shredded chicken to broth; heat through. Ladle broth and chicken over noodles. Serve with the reserved cilantro, bean sprouts, basil, mint, chile peppers, lime wedges, and chili-garlic sauce.

nutrition facts per serving: 535 cal., 34 g total fat (9 g sat. fat), 141 mg chol., 1115 mg sodium, 26 g carb., 2 g dietary fiber, 30 g protein.

***note:** See tip on handling chile peppers.

tuscan ravioli stew

start to finish: 30 minutes
makes: 4 servings

Broccoli rabe, a leafy green vegetable widely used in Italian dishes, resembles broccoli but has thinner stems, smaller florets, and a sharper flavor. You can substitute regular broccoli or kale.

1 tablespoon olive oil
⅓ cup sliced leek (1 medium)*
3 cloves garlic, minced
1 14-ounce can vegetable broth or beef broth
¾ cup water
¼ teaspoon crushed red pepper flakes (optional)
5 cups coarsely chopped broccoli rabe or broccoli florets
1 14.5-ounce can no-salt-added stewed tomatoes, undrained
1 9-ounce package refrigerated cheese-filled ravioli
1 tablespoon snipped fresh rosemary or 1 teaspoon dried rosemary, crushed
¼ cup grated Asiago or Parmesan cheese (optional)

1 In a large saucepan heat oil over medium heat. Add leek and garlic; cook for 5 minutes. Add broth, the water, and, if desired, red pepper flakes. Bring to boiling.

2 Add broccoli rabe, undrained tomatoes, ravioli, and rosemary. Return to boiling; reduce heat. Simmer, covered, for 7 to 8 minutes or until broccoli rabe and ravioli are tender. If desired, sprinkle each serving with cheese.

nutrition facts per serving: 363 cal., 16 g total fat (9 g sat. fat), 55 mg chol., 995 mg sodium, 41 g carb., 5 g dietary fiber, 13 g protein.

***note:** See tip on cleaning leeks.

slowcooker lowfat

basque chicken stew

start to finish: 30 minutes
makes: 6 servings

Loaded with tender, chunky chicken and potatoes, this satisfying Spanish stew takes a Mediterranean turn with the addition of olives.

1¼ pounds skinless, boneless chicken thighs, cut into 2-inch pieces
¼ teaspoon salt
¼ teaspoon ground black pepper
1 tablespoon olive oil
1 onion, thinly sliced
1 red sweet pepper, cut into ¼-inch-thick strips
2 cloves garlic, minced
1 14.5-ounce can diced tomatoes, drained
1 cup chicken broth
12 ounces red-skinned potatoes, cut into ½-inch wedges
½ teaspoon dried savory, crushed
1 teaspoon fresh snipped thyme or ¼ teaspoon dried thyme, crushed
¼ teaspoon salt
⅓ cup small pimiento-stuffed olives (optional)
Fresh thyme

1 Season chicken with salt and black pepper. Heat oil in large Dutch oven over medium-high heat. Add chicken and cook until lightly browned, about 2 minutes per side.

2 Add onion and sweet pepper; cook 3 minutes or until crisp-tender. Add garlic; cook 30 seconds more. Add drained tomatoes, broth, potatoes, savory, 1 teaspoon fresh thyme, and salt. Bring to boil; reduce heat. Simmer, covered, for 20 minutes or until chicken and potatoes are tender. Remove from heat. Stir in olives, if desired, and garnish with additional fresh thyme.

nutrition facts per serving: 204 cal., 6 g total fat (1 g sat. fat), 79 mg chol., 576 mg sodium, 16 g carb., 3 g dietary fiber, 21 g protein.

slow cooker directions: In a 3½- or 4-quart slow cooker combine chicken, potatoes, sweet pepper, and onion. Stir in tomatoes, broth, garlic, thyme, salt, and black pepper. Cover and cook on low-heat setting for 10 to 11 hours or on high-heat setting for 5 to 5½ hours. Stir in olives and, if desired, garnish with additional fresh thyme.

slowcooker lowfat

indian curry chicken stew

prep: 25 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high) + 15 minutes (high)
makes: 4 servings

An intriguing blend of spices makes this slow-simmer chicken and potato dish sizzle with flavors that are typical of Indian cuisine.

4 white potatoes (about 1½ pounds), peeled
1 green sweet pepper, seeded and cut into 1-inch pieces
1 onion, sliced
1 pound skinless, boneless chicken breast halves or thighs, cut into 1-inch pieces
1½ cups chopped tomato (3 medium)
1 tablespoon ground coriander
1½ teaspoons paprika
1 teaspoon grated fresh ginger or ¼ teaspoon ground ginger
¾ teaspoon salt
½ teaspoon ground turmeric
¼ to ½ teaspoon crushed red pepper flakes
¼ teaspoon ground cinnamon
⅛ teaspoon ground cloves
1 cup chicken broth
2 tablespoons cold water
4 teaspoons cornstarch

1 In a 3½- to 6-quart slow cooker combine potatoes, sweet pepper, and onion. Add chicken.

2 In a medium bowl combine tomato, coriander, paprika, ginger, salt, turmeric, red pepper flakes, cinnamon, and cloves; stir in broth. Pour over mixture in cooker.

3 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

4 If using low-heat setting, turn to high-heat setting. In a small bowl combine the water and cornstarch; stir into mixture in cooker. Cover and cook for 15 to 20 minutes more or until slightly thickened and bubbly.

nutrition facts per serving: 282 cal., 2 g total fat (0 g sat. fat), 66 mg chol., 828 mg sodium, 25 g carb., 6 g dietary fiber, 32 g protein.

caribbean chicken stew

prep: 50 minutes **cook:** 40 minutes
makes: 8 servings

Coconut milk, a staple in Caribbean kitchens, gives this stew rich, thick body. For best results, use unsweetened coconut milk, not the sweetened product labeled "cream of coconut."

2 onions, cut into 1-inch pieces
1 tablespoon vegetable oil
1 3- to 3½-pound broiler-fryer chicken, cut into 8 pieces, wing tips removed
2 14-ounce cans chicken broth
2½ pounds sweet potatoes, peeled and cut into 1-inch pieces
1 14.5-ounce can diced tomatoes, undrained
1 10-ounce package frozen whole-kernel corn
½ to 1 teaspoon crushed red pepper flakes
½ teaspoon salt
2 tablespoons grated fresh ginger or 1 teaspoon ground ginger
1 cup unsweetened coconut milk
4 cups hot cooked rice

1 In a 4- to 5-quart Dutch oven cook onions in hot oil over medium heat for 4 to 6 minutes or until tender, stirring occasionally. Add chicken and broth. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes. Transfer chicken to a bowl; set aside.

2 Add sweet potatoes, undrained tomatoes, corn, red pepper flakes, and salt to Dutch oven. Return to boiling;

reduce heat. Simmer, covered, for 10 to 15 minutes or until vegetables are tender. Meanwhile, remove chicken meat from bones; discard bones and skin. Chop or shred meat; set aside.

3 Skim fat from soup. Using a slotted spoon, transfer 1½ cups of the vegetables to a blender or food processor; add 1 cup of the broth. Let cool slightly. Cover and blend until smooth; return to Dutch oven. Add chicken and ginger; heat through. Stir in coconut milk. Serve over rice.

nutrition facts per serving: 587 cal., 26 g total fat (10 g sat. fat), 86 mg chol., 731 mg sodium, 60 g carb., 5 g dietary fiber, 28 g protein.

slowcooker

thai chicken soup

prep: 20 minutes **slow cook:** 6 to 7 hours (low) or 3 to 3½ hours (high)
stand: 5 minutes
makes: 6 servings

Lemongrass is a popular herb used in Thai cooking. It resembles a very large green onion. Use only the fibrous white bulb to impart a lemon fragrance and flavor.

1 pound skinless, boneless chicken breasts or thighs, cut into ¾-inch pieces
4 cups chicken broth
2 cups bias-sliced carrot (4 medium)
1 cup chopped onion (1 large)
2 tablespoons grated fresh ginger
3 cloves garlic, minced
2 stalks lemongrass, cut into 1-inch pieces, or 1 teaspoon finely shredded lemon zest
½ teaspoon crushed red pepper flakes
1 15-ounce can unsweetened coconut milk
1 medium red, yellow, and/or green sweet pepper, cut into ½-inch pieces
2 4-ounce cans straw or button mushrooms, drained
¼ cup snipped fresh cilantro
⅓ cup chopped roasted peanuts

1 In a 3½- to 5-quart slow cooker combine chicken, broth, carrot, onion, ginger, garlic, lemongrass, and red pepper flakes.

2 Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours. If necessary, skim fat. Stir coconut milk, sweet pepper, mushrooms, and cilantro into chicken mixture. Cover; let stand 5 to 10 minutes. Discard lemongrass. Sprinkle each serving with peanuts.

nutrition facts per serving: 328 cal., 20 g total fat (13 g sat. fat), 40 mg chol., 764 mg sodium, 15 g carb., 4 g dietary fiber, 23 g protein.

slowcooker lowfat

beef and borscht stew

prep: 40 minutes **slow cook:** 8 to 10 hours (low) or 4 to 4½ hours (high) + 30 minutes (high)
makes: 6 to 8 servings

Borscht is a classic Eastern European and Russian soup that features beets and cabbage. The addition of beef makes it a main dish. Serve it with dark rye or pumpernickel and butter.

1 pound beef stew meat, cut into 1-inch cubes
1 tablespoon vegetable oil
4 beets, peeled and cut into ½-inch pieces, or one 16-ounce can diced beets, drained
2 cups chopped, peeled potato (2 medium)
1 cup coarsely chopped tomato (2 medium)
1 cup coarsely shredded carrot (2 medium)
½ cup chopped onion (1 medium)
3 cloves garlic, minced
1 bay leaf
4 cups reduced-sodium beef broth
1 6-ounce can tomato paste
2 tablespoons red wine vinegar
1 tablespoon packed brown sugar
½ teaspoon salt
½ teaspoon dried dill
¼ teaspoon ground black pepper
3 cups shredded cabbage
Sour cream or plain yogurt (optional)

1 In a large skillet cook meat, half at a time, in hot oil over medium heat until brown. Drain fat. In a 4- to 5-quart slow cooker combine beets, potato, tomato, carrot, onion, garlic, and bay leaf. Add meat to cooker.

2 In a large bowl combine broth, tomato paste, vinegar, brown sugar, salt, dill, and pepper. Pour over all.

3 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 4½ hours. If using low-heat setting, turn to high-heat setting. Stir in cabbage. Cover and cook for 30 minutes more.

4 Discard bay leaf. If desired, serve with sour cream.

nutrition facts per serving: 248 cal., 5 g total fat (2 g sat. fat), 45 mg chol., 623 mg sodium, 29 g carb., 5 g dietary fiber, 22 g protein.

slowcooker

moroccan chicken stew

prep: 30 minutes **slow cook:** 6½ to 7 hours (low) or 3½ to 4 hours (high)
makes: 4 servings

Few things smell better than Moroccan food as it cooks. Throw this kaleidoscope of ingredients into the slow cooker in the morning, then return home later to amazing aromas and fabulous flavors.

2 cups sliced carrot (4 medium)
2 large onions, halved and thinly sliced
½ teaspoon salt
3 pounds skinless meaty chicken pieces (breast halves, thighs, and drumsticks)
½ cup raisins
½ cup dried apricots, coarsely chopped
1 14-ounce can chicken broth
¼ cup tomato paste
2 tablespoons all-purpose flour
2 tablespoons lemon juice
2 cloves garlic, minced
1½ teaspoons ground cumin
1½ teaspoons ground ginger
1 teaspoon ground cinnamon
¾ teaspoon ground black pepper
Hot cooked couscous
Pine nuts, toasted
Fresh cilantro (optional)

1 In a 5- to 6-quart slow cooker place carrot and onions. Sprinkle chicken with salt. Add to cooker; top chicken with raisins and apricots.

2 In bowl whisk broth, tomato paste, flour, lemon juice, garlic, cumin, ginger, cinnamon, and pepper. Pour over all.

3 Cover and cook on low-heat setting for 6½ to 7 hours or on high-heat setting for 3½ to 4 hours. Serve in bowls with couscous. Sprinkle each serving with pine nuts. Garnish with cilantro.

nutrition facts per serving: 600 cal., 15 g total fat (3 g sat. fat), 139 mg chol., 997 mg sodium, 65 g carb., 8 g dietary fiber, 52 g protein.

slowcooker lowfat

puttanesca turkey stew

prep: 25 minutes **slow cook:** 7½ hours (low) + 25 minutes (high)
makes: 4 servings

This stew is based on a spicy Italian tomato-based sauce that is traditionally served with pasta. Make this as spicy as you like by adding more hot pepper sauce and/or red pepper flakes.

2 pounds skinless turkey drumsticks (about 1½ pounds)
1 28-ounce can plum tomatoes, undrained
1 8-ounce can tomato sauce
½ cup finely chopped red onion (1 medium)
2 tablespoons tomato paste
¼ cup pitted green olives, halved
3 tablespoons drained capers
½ teaspoon dried Italian seasoning
¼ teaspoon salt
¼ teaspoon ground black pepper
¼ teaspoon crushed red pepper flakes
Dash bottled hot pepper sauce
¼ cup dry red wine
Grated Parmesan cheese (optional)

1 In a 5-quart slow cooker combine drumsticks, undrained tomatoes, tomato sauce, red onion, tomato paste, green olives, capers, Italian seasoning, salt, black pepper, red pepper flakes, and hot pepper sauce.

2 Cover and cook on low-heat setting for 7½ hours. Once turkey reaches the proper temperature (160°F to 170°F on an instant-read thermometer inserted into the thickest part of drumstick without touching bone), transfer turkey drumsticks to platter and let cool.

3 Stir red wine into mixture in slow cooker. Using the back of a large spoon, crush tomatoes in slow cooker. Turn to high-heat setting. Cook, uncovered, for 20 minutes.

4 Once turkey is cool enough to handle, remove meat from bones; discard bones. Chop or shred turkey and return to cooker. Cook, uncovered, for 5 to 10 minutes more or until sauce thickens slightly. If desired, sprinkle each serving with cheese.

nutrition facts per serving: 238 cal., 8 g total fat (2 g sat. fat), 66 mg chol., 1338 mg sodium, 18 g carb., 2 g dietary fiber, 26 g protein.

lowfat

roasted tomato soup with shrimp and queso fresco

prep: 40 minutes **broil:** 10 minutes **roast:** 20 minutes
oven: at 425°F **stand:** 15 minutes **cook:** 47 minutes
makes: 6 servings

Popular throughout Mexico, this zesty soup gets much of its deep flavor from roasting the tomatoes and poblanos. Crumbled queso fresco, a fresh Mexican cheese, adds a nice salty bite.

1 pound fresh or frozen medium shrimp in shells
Nonstick cooking spray
2½ pounds roma tomatoes
6 poblano peppers*
1 tablespoon olive oil
1 onion, halved and thinly sliced
3 cloves garlic, minced
1 teaspoon dried oregano, crushed, or 2 teaspoons snipped fresh oregano
1 teaspoon ground cumin
¼ teaspoon salt
3 14.5-ounce cans chicken broth
2 cups crumbled queso fresco (8 ounces)
Snipped fresh oregano (optional)

1 Thaw shrimp if frozen. Peel and devein shrimp. Rinse shrimp; pat dry with paper towels. Cover and chill until needed.

2 Preheat broiler. Line a 15×10×1-inch baking pan with foil; lightly coat foil with cooking spray. Place whole tomatoes in prepared baking pan. Broil about 4 inches from heat for 10 to 12 minutes or until skins are charred, carefully turning once halfway through broiling. When tomatoes are cool enough to handle, peel over a medium bowl to catch the juices. Remove tomato cores; discard cores and skins. Transfer tomatoes and juices to a food processor or blender. Cover and process or blend with several on/off pulses until nearly smooth; set aside.

3 Preheat oven to 425°F. Line a large baking sheet with foil. Cut chile peppers in half lengthwise; remove stems, seeds, and membranes. Place pepper halves, cut sides down, on prepared baking sheet. Roast for 20 to 25 minutes or until peppers are charred and very tender. Bring foil up around peppers and fold edges together to enclose. Let stand about 15 minutes or until cool enough to handle. Using a sharp knife, loosen edges of skins; gently pull off skins in strips; discard skins. Cut peppers into ½-inch-wide strips; set aside.

4 In a Dutch oven heat oil over medium heat. Add onion; cook for 8 to 10 minutes or until golden, stirring frequently. Add pureed tomatoes, roasted peppers, garlic, oregano, cumin, and salt. Bring to boiling over medium-high heat. Boil gently, uncovered, for 7 to 8 minutes or until mixture is quite thick, stirring frequently. Stir in broth. Return to boiling; reduce heat. Simmer, covered, for 30 minutes.

5 Stir in shrimp. Simmer, uncovered, for 2 to 3 minutes more or until shrimp are opaque.

6 Top each serving with cheese and, if desired, oregano.

nutrition facts per serving: 283 cal., 7 g total fat (1 g sat. fat), 117 mg chol., 1020 mg sodium, 25 g carb., 4 g dietary fiber, 29 g protein.

***note:** See tip on handling chile peppers.

hot african stew

prep: 25 minutes **cook:** 25 minutes
makes: 6 servings

All of the great flavors of a long-cooking stew come together in less than an hour in this stovetop version, featuring hearty vegetables, crunchy peanuts, and some crushed red pepper flakes.

1 tablespoon canola oil
1¼ cups thinly sliced onion (1 large)
1¼ cups chopped green sweet pepper (1 large)
½ teaspoon crushed red pepper flakes
2 14-ounce cans reduced-sodium beef broth
1 cup chopped unsalted peanuts
6 tiny new potatoes, cut into 1-inch pieces
1 sweet potato, peeled and cut into 1-inch pieces
1 19-ounce can fava beans, rinsed and drained
1 14.5-ounce can diced tomatoes, undrained
Light sour cream (optional)
Snipped fresh chives (optional)

1 In a large saucepan or Dutch oven heat oil over medium heat. Add onion and sweet pepper; cook until golden and tender, stirring occasionally. Stir in red pepper flakes; cook for 1 minute. Add broth and peanuts. Bring to boiling.

2 Stir in new potatoes and sweet potato. Return to boiling; reduce heat. Simmer, covered, about 25 minutes or until potatoes are tender, stirring occasionally. Stir in beans and undrained tomatoes; heat through. If desired, top each serving with sour cream and chives.

nutrition facts per serving: 296 cal., 15 g total fat (2 g sat. fat), 0 mg chol., 669 mg sodium, 30 g carb., 11 g dietary fiber, 13 g protein.

lowfat

indian cauliflower soup with garam masala

start to finish: 35 minutes
makes: 6 servings

Cauliflower, potatoes, and carrots make up the vegetable puree that's warmly spiced with garam masala, a classic Indian spice. You can find it in the spice section at larger supermarkets.

Nonstick cooking spray
½ cup coarsely chopped onion (1 medium)
3 cloves garlic, minced
1 32-ounce carton reduced-sodium chicken broth
½ of a head cauliflower (14 ounces), cut up
2 cups peeled and cubed Yukon Gold or red-skinned potato (2 medium)
½ cup chopped carrot (1 medium)
1 tablespoon grated fresh ginger
1½ teaspoons garam masala (or ¾ teaspoon curry powder and ¾ teaspoon ground cumin)
½ cup yogurt
Salt
Cayenne pepper
Snipped fresh chives or parsley (optional)

1 Lightly coat a large saucepan with cooking spray; heat saucepan over medium heat. Add onion and garlic; cook for 3 to 5 minutes or until tender, stirring frequently.

2 Stir in broth, cauliflower, potato, carrot, ginger, and garam masala. Bring to boiling; reduce heat. Simmer, covered, about 12 minutes or until vegetables are tender; cool slightly.

3 Transfer vegetable mixture, half at a time, to a blender or food processor. Cover and blend or process until nearly smooth. Return pureed mixture to saucepan. Stir in yogurt; heat through (do not boil).

4 Season to taste with salt and cayenne pepper. If desired, garnish each serving with chives.

nutrition facts per serving: 85 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 406 mg sodium, 16 g carb., 3 g dietary fiber, 6 g protein.

scottish cock-a-leekie soup

prep: 20 minutes **cook:** 50 minutes
makes: 6 servings

Concocted long ago in Scotland, this hearty, traditional soup features chicken, leeks, and barley, with a surprising garnish of dried plums.

1¼ pounds meaty chicken pieces (breast halves, thighs, and/or drumsticks)
4 cups chicken broth
4 cups water
4 medium carrots, cut into 1-inch pieces (2 cups)
1 stalk celery, sliced (½ cup)
3 bay leaves
1 teaspoon salt
1 teaspoon ground black pepper
4 medium leeks, sliced ¼ inch thick, white and pale green parts only (1⅓ cups)*
1 tablespoon snipped fresh thyme
¾ cup quick-cooking barley
½ cup snipped dried plums (prunes)
⅓ cup snipped fresh parsley
2 slices bacon, crisp-cooked, drained, and crumbled

1 In a Dutch oven combine chicken, broth, the water, carrots, celery, bay leaves, salt, and pepper. Bring to simmering over medium heat. Simmer, covered, for 30 to 35 minutes or until chicken is tender and no longer pink (180°F on an instant-read thermometer inserted into the thickest part of thigh without touching bone). Remove chicken pieces.

2 When cool enough to handle, remove and discard skin from chicken. Pull meat from bones; discard bones. Coarsely chop chicken; return to pot.

3 Add leeks and thyme to pot. Simmer, covered, for 10 minutes. Stir in barley; simmer, covered, for 10 to 15 minutes more or until leeks and barley are tender.

4 In a small bowl combine dried plums, parsley, and bacon. Ladle soup into bowls and top with bacon mixture.

nutrition facts per serving: 399 cal., 16 g total fat (5 g sat. fat), 75 mg chol., 1205 mg sodium, 41 g carb., 6 g dietary fiber, 24 g protein.

***note:** See tip on cleaning leeks.

lowfat

provençal seafood stew

start to finish: 30 minutes
makes: 4 servings

This traditional stew, also known as a bouillabaisse, is typically made with tomatoes, onion, olive oil, garlic, herbs, fish, and shellfish. Wine also makes it authentic, but in this case, clam juice is added for the fresh, briny flavors. Soak up the flavorful broth with a crusty French baguette.

4 jumbo shrimp (about 4 ounces)
8 ounces cod fillet (or other firm-fleshed fish), cut into 4 pieces
12 mussels in shells (about 8 ounces), cleaned*
½ cup thinly sliced onion
1 clove garlic, minced
⅛ teaspoon ground allspice
2 teaspoons olive oil
1 14.5-ounce can whole peeled tomatoes in puree
1 8-ounce bottle clam juice
¼ teaspoon salt
¼ teaspoon ground black pepper
⅛ teaspoon crushed red pepper flakes
1 teaspoon snipped fresh thyme
½ teaspoon finely shredded orange zest
Fresh thyme sprigs (optional)

1 Peel and devein shrimp. Rinse shrimp, cod, and mussels; pat dry with paper towels. Set aside.

2 In a large saucepan cook onion, garlic, and allspice in hot oil over medium-high heat about 5 minutes or until onions are softened.

3 Meanwhile, press tomatoes and their juices through a fine-mesh sieve. Discard pulp and seeds. Add tomato mixture, clam juice, salt, black pepper, and red pepper flakes to the saucepan. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.

4 Stir in snipped thyme and orange zest. Add mussels, shrimp, and cod to saucepan. Gently stir to combine. Return to boiling; reduce heat. Simmer, covered, for 3 minutes more or until mussel shells open, shrimp are opaque, and fish flakes easily when tested with a fork. Discard any mussels that do not open.

5 Serve in shallow bowls and, if desired, garnish each serving with fresh thyme sprigs.

nutrition facts per serving: 189 cal., 4 g total fat (1 g sat. fat), 83 mg chol., 997 mg sodium, 11 g carb., 2 g dietary fiber, 29 g protein.

***note:** To clean live mussels, scrub mussels under cold running water. Remove beards.

slowcooker lowfat

brazilian black bean stew

prep: 1 hour 30 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high)
makes: 8 servings

This citrus-scented stew is an adaptation of feijoada, a Portuguese pork, beef, and bean stew considered by many Brazilians to be the country's national dish. Brazilians customarily serve the stew on Wednesdays and Saturdays with rice, cold cuts, and finely shredded kale.

12 ounces dried black beans
8 cups water
2 large smoked ham hocks
4 cups reduced-sodium chicken broth
1½ cups chopped onion (3 medium)
3 jalapeño peppers, seeded and minced*
4 cloves garlic, minced
1 tablespoon finely shredded orange zest
½ cup orange juice
½ cup dry sherry
¼ cup snipped fresh cilantro
Hot cooked rice (optional)

1 Rinse beans. In a large saucepan combine beans and the water. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Cover and let stand for 1 hour. (Or place beans in water in saucepan. Cover and let soak in a cool place overnight.) Drain and rinse beans. Place beans in a 4-quart slow cooker.

2 Add ham hocks, broth, onions, chile peppers, garlic, orange zest, orange juice, and sherry to cooker.

3 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Transfer ham hocks to a cutting board. When cool enough to handle, cut meat from bones; discard bones. Shred ham; return shredded ham to slow cooker. Stir in cilantro.

4 If desired, serve stew over rice.

nutrition facts per serving: 253 cal., 5 g total fat (2 g sat. fat), 19 mg chol., 333 mg sodium, 34 g carb., 7 g dietary fiber, 16 g protein.

***note:** See tip on handling chile peppers.

lowfat

indonesian chicken and soba noodle soup

start to finish: 45 minutes
makes: 6 servings

Japanese soba noodles have a nutty taste from the buckwheat flour that is used to make them. Combining them in a spicy broth with sweet potato and shredded cabbage brings out the soba's earthiness. You'll find the noodles in the Asian section of your supermarket.

1 tablespoon canola oil or peanut oil
1 cup sliced onion
2 tablespoons grated fresh ginger
2 cups shredded green cabbage or napa cabbage
1 cup peeled and diced sweet potato (1 small)
½ cup sliced celery (1 stalk)
4 cups reduced-sodium chicken broth
1 tablespoon reduced-sodium soy sauce
½ teaspoon crushed red pepper flakes
8 ounces cooked chicken breast, coarsely chopped
1 tablespoon lime juice
¼ cup chopped green onion (2)
¼ cup snipped fresh cilantro
8 ounces whole-grain soba or udon noodles, cooked according to package directions
Chopped unsalted dry-roasted peanuts (optional)

1 In a large saucepan heat oil over medium-high heat. Add onion and ginger; cook for 3 minutes, stirring occasionally.

2 Add cabbage, sweet potato, and celery; cook for 4 minutes more, stirring occasionally. Stir in broth, soy sauce, and red pepper flakes. Bring to boiling; reduce heat. Simmer, covered, about 15 minutes or until vegetables are tender.

3 Stir in chicken and lime juice. Just before serving, stir in green onion and cilantro. Serve soup over soba noodles and, if desired, garnish with peanuts.

nutrition facts per serving: 266 cal., 5 g total fat (1 g sat. fat), 32 mg chol., 581 mg sodium, 35 g carb., 4 g dietary fiber, 20 g protein.

11

coast-to-coast regional

North to South, East to West, every region of the United States adds its own touch to soups and stews, utilizing ingredients and flavors reflective of the land and the people who live in the region. Now’s as good a time as any to bring these wonderfully long simmers to your soup pot.

Meatball-Tortilla Soup
Kansas City Steak Soup
Beef Fajita Soup
Texas Bowls o’ Red Chili
Southwestern Steak and Potato Soup
Pork and Green Chile Stew
Southern Ham Soup with Black-Eyed Peas and Hominy
Southwest Pork-Salsa Stew
Vegetable-Pork Oven Stew
Louisiana Chicken and Sausage Gumbo
Chicken-Chile Stew with Beans
Chicken-Artichoke-Brie Soup
Southwest Tomatillo-Tortilla Soup
Manhattan Clam Chowder
New England Clam Chowder
Chicken and Shrimp Jambalaya
Minnesota Wild Rice Soup
San Francisco Seafood Stew
Easy Maryland Crab Bisque
Shrimp Creole
Northwest Salmon Chowder
Sweet Potato–Corn Chowder
California Cioppino
Wisconsin Beer and Cheese Soup

meatball-tortilla soup

prep: 45 minutes **cook:** 20 minutes
makes: 6 servings

Packed with Southwestern flavors, this hearty soup offers a variety of textures, from chewy meatballs to tender corn and beans to crunchy golden tortilla strips. The meatballs can be made ahead and frozen, making this a weeknight-friendly meal.

2 tablespoons vegetable oil
3 corn or flour tortillas, cut into strips
1 recipe Tex-Mex Meatballs
2 14.5-ounce cans Mexican-style stewed tomatoes, undrained and cut up
2 14.5-ounce cans chicken broth
1 15-ounce can black beans, rinsed and drained
1 cup frozen whole-kernel corn
2 teaspoons chili powder
Snipped fresh cilantro leaves

1 In a large skillet heat oil over medium-high heat. Add tortilla strips; cook and stir for 3 to 4 minutes or until crisp. Using a slotted spoon, remove tortilla strips from skillet and drain on paper towels.

2 In a large saucepan combine Tex-Mex Meatballs, undrained tomatoes, broth, beans, frozen corn, and chili powder. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes.

3 Top each serving with tortilla strips. If desired, sprinkle with cilantro.

nutrition facts per serving: 393 cal., 18 g total fat (5 g sat. fat), 88 mg chol., 1485 mg sodium, 36 g carb., 8 g dietary fiber, 24 g protein.

tex-mex meatballs: Preheat oven to 350°F. In a large bowl combine 1 lightly beaten egg, half of a 4-ounce can undrained diced green chile peppers, ¼ cup fine dry bread crumbs, ¼ cup finely chopped onion, and half of a 1.25-ounce envelope taco seasoning mix. Add 1 pound lean ground beef; mix well. On a cutting board pat mixture into a 6×4-inch rectangle. Cut into twenty-four 1-inch squares. Shape each square into a ball. Arrange meatballs in a 15×10×1-inch baking pan. Bake for 15 to 20 minutes or until done (160°F), rotating pan once.

kansas city steak soup

prep: 20 minutes **cook:** 25 minutes
makes: 6 servings

Missouri stockyards once helped deliver some of the finest steaks to the world. This version of the KC steak soup uses lean ground sirloin mixed with veggies and seasoned with a blast of steak sauce and Worcestershire. It cooks in just 25 minutes.

1½ pounds ground beef sirloin
1 cup chopped onion (1 large)
1 cup sliced celery (2 stalks)
2 14.5-ounce cans reduced-sodium beef broth
1 28-ounce can diced tomatoes, undrained
1 10-ounce package frozen mixed vegetables
2 tablespoons steak sauce
2 teaspoons Worcestershire sauce
¼ teaspoon salt
¼ teaspoon ground black pepper
¼ cup all-purpose flour

1 In a Dutch oven cook meat, onion, and celery over medium-high heat until meat is brown, using a wooden spoon to break up meat as it cooks. Drain fat.

2 Stir in 1 can of the broth, undrained tomatoes, frozen vegetables, steak sauce, Worcestershire sauce, salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes.

3 In a medium bowl whisk together remaining 1 can of broth and flour. Stir into meat mixture; cook and stir until

thickened and bubbly. Cook and stir for 1 minute more.

nutrition facts per serving: 306 cal., 12 g total fat (5 g sat. fat), 74 mg chol., 747 mg sodium, 21 g carb., 4 g dietary fiber, 27 g protein.

lowfat

beef fajita soup

start to finish: 40 minutes
makes: 4 servings

A brilliant twist on traditional fajitas, this weeknight-friendly soup is sure to become a family favorite. Partially freeze the beef for about 30 minutes for easier slicing into strips.

½ teaspoon garlic powder
½ teaspoon ground cumin
½ teaspoon paprika
⅛ teaspoon cayenne pepper
12 ounces boneless beef sirloin steak, trimmed and cut into very thin bite-size strips
Nonstick cooking spray
2 teaspoons canola oil
2 medium yellow or green sweet peppers, cut into thin bite-size strips
1 medium onion, halved and thinly sliced
2 14-ounce cans reduced-sodium beef broth
1 14.5-ounce can no-salt-added diced tomatoes, undrained
¼ cup light sour cream
½ teaspoon finely shredded lime zest
1 ounce baked tortilla chips, coarsely crushed (⅔ cup)
½ of an avocado, pitted, peeled, and chopped (optional)
¼ cup snipped fresh cilantro (optional)

1 In a medium bowl combine garlic powder, cumin, paprika, and cayenne pepper. Add steak strips and toss to coat. Coat

an unheated 4-quart nonstick Dutch oven with cooking spray. Heat over medium-high heat. Add steak strips, half at a time; cook for 2 to 4 minutes or until brown, stirring occasionally. Remove meat from the pan.

2 Heat oil in Dutch oven over medium heat. Add sweet peppers and onion; cook for 5 minutes or until lightly browned and just tender, stirring occasionally. Add broth and undrained tomatoes. Bring to boiling. Stir in steak strips and heat through.

3 Add a dollop of sour cream to each serving and sprinkle with lime zest and tortilla chips. If desired, top with avocado and cilantro.

nutrition facts per serving: 244 cal., 8 g total fat (2 g sat. fat), 40 mg chol., 515 mg sodium, 21 g carb., 4 g dietary fiber, 24 g protein.

texas bowls o’ red chili

prep: 30 minutes **cook:** 1½ hours
makes: 6 servings

Texans like chili made with cubed meat and no beans or canned tomatoes. So that’s how we made this recipe. Give it a try for dinner some night.

3 pounds boneless beef chuck roast, cut into ½-inch cubes
1 teaspoon salt
½ teaspoon ground black pepper
1 tablespoon vegetable oil
4 cups chopped onion (4 large)
3 tablespoons chili powder
3 tablespoons yellow cornmeal
6 cloves garlic, minced
1 tablespoon ground cumin
2 teaspoons dried oregano, crushed
¼ teaspoon cayenne pepper
1 14-ounce can beef broth
1¼ cups water
1 tablespoon packed brown sugar
Chopped onion (optional)
Fresh oregano (optional)

1 Sprinkle beef with ½ teaspoon of the salt and ¼ teaspoon of the black pepper. In a 4-quart Dutch oven heat oil. Add beef, one-third at a time; cook until brown. Using a slotted spoon, remove beef, reserving drippings in pan, and adding more oil, if necessary.

2 Add 4 cups chopped onion to drippings; cook over medium-high heat for about 5 minutes or until tender. Stir in

chili powder, cornmeal, garlic, cumin, oregano, and cayenne pepper; cook for 30 seconds.

3 Stir in beef, broth, water, brown sugar, and remaining ½ teaspoon salt and ¼ teaspoon black pepper. Bring to boiling; reduce heat. Simmer, covered, for 1½ to 2 hours or until meat is tender. If desired, top each serving with additional chopped onion and fresh oregano.

nutrition facts per serving: 448 cal., 17 g total fat (5 g sat. fat), 107 mg chol., 812 mg sodium, 19 g carb., 4 g dietary fiber, 53 g protein.

slowcooker lowfat

southwestern steak and potato soup

prep: 30 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high)
makes: 12 to 14 servings

Purchased salsa is the shortcut ticket to the bold flavors in this slow-cooker soup. Simply choose your favorite brand for your own house specialty version.

2 pounds boneless beef sirloin steak, cut ¾ inch thick
3 cups cubed potato (3 medium)
1 16-ounce package frozen cut green beans
1 medium onion, sliced and separated into rings
2 teaspoons dried basil, crushed
4 cloves garlic, minced
2 16-ounce jars thick and chunky salsa
2 14.5-ounce cans beef broth
Shredded Monterey Jack cheese or Mexican cheese blend (optional)

1 Trim fat from meat. Cut meat into ¾-inch pieces. Set aside.

2 In a 6-quart slow cooker combine potato, frozen green beans, and onion. Add meat. Sprinkle with basil and garlic. Pour salsa and broth over all.

3 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Stir before serving. If desired, sprinkle each serving with cheese.

nutrition facts per serving: 224 cal., 9 g total fat (4 g sat. fat), 56 mg chol., 983 mg sodium, 16 g carb., 3 g dietary fiber, 19 g protein.

lowfat

pork and green chile stew

prep: 30 minutes **roast:** 20 minutes **stand:** 20 minutes
bake: 1½ hours **oven:** at 425°F/ 325°F
makes: 8 servings

Here's a hearty meal-in-a-bowl for those who love pork. The recipe makes several servings, but the stew tastes even better served as leftovers the next day.

4 poblano peppers* or 2 green sweet peppers
1½ pounds lean boneless pork shoulder
3 cups chopped onion (6 medium)
¼ cup finely chopped fresh jalapeño pepper*
6 cloves garlic, minced
1 teaspoon salt
½ teaspoon dried oregano, crushed, or 1½ teaspoons snipped fresh oregano
1½ pounds red potatoes, cut into 1-inch pieces
3 medium zucchini, halved lengthwise and cut into ½-inch-thick slices
1 10-ounce package frozen whole-kernel corn, thawed
½ cup snipped fresh cilantro
Lime wedges (optional)

1 Preheat oven to 425°F. Line a baking sheet with foil. To roast poblano or sweet peppers, halve peppers and remove stems, seeds, and membranes. Place peppers, cut sides down, on prepared baking sheet. Roast about 20 minutes or until skins are bubbly and browned. Wrap peppers in the

foil; let stand for 20 to 25 minutes or until cool enough to handle. Using a paring knife, pull the skins off gently and slowly. Coarsely chop peppers. Reduce oven to 325°F.

2 Trim fat from pork. Cut pork into bite-size pieces. In a Dutch oven combine roasted peppers, pork, onion, jalapeño pepper, garlic, salt, and dried oregano (if using). Cover and bake for 45 minutes.

3 Stir in potatoes. Cover and bake for 30 minutes. Stir in zucchini and corn. Cover and bake about 15 minutes more or until pork and vegetables are tender. Stir in cilantro and fresh oregano (if using). If desired, serve stew with lime wedges.

nutrition facts per serving: 269 cal., 6 g total fat (2 g sat. fat), 55 mg chol., 377 mg sodium, 34 g carb., 5 g dietary fiber, 22 g protein.

***note:** See tip on handling chile peppers.

southern ham soup with black-eyed peas and hominy

prep: 25 minutes **cook:** 40 minutes
makes: 4 servings

In the South, ham hocks and black-eyed peas are often on the New Year's Day menu. They are thought to bring good luck. The peas and hominy are what make this a high-fiber soup.

2 tablespoons olive oil
1 cup chopped celery (2 stalks)
1 cup chopped onion (1 large)
¾ cup chopped green sweet pepper (1 medium)
2 cloves garlic, minced
1¼ cups diced cooked ham
1 teaspoon paprika
½ teaspoon sugar
½ teaspoon dry mustard
½ teaspoon ground cumin
½ teaspoon dried basil, crushed
½ teaspoon dried oregano, crushed
½ teaspoon dried thyme, crushed
¼ teaspoon ground cloves
¼ teaspoon ground black pepper
⅛ teaspoon cayenne pepper
1 15.5-ounce can black-eyed peas, rinsed and drained
1 15.5-ounce can golden hominy, rinsed and drained
1 14.5-ounce can diced tomatoes, undrained
1 14.5-ounce can chicken broth
1 tablespoon snipped fresh parsley
1 tablespoon mild-flavor molasses

1 In a 4-quart Dutch oven heat oil over medium heat. Add celery, onion, sweet pepper, and garlic; cook and stir for 5 minutes. Stir in ham, paprika, sugar, dry mustard, cumin, basil, oregano, thyme, cloves, black pepper, and cayenne pepper; cook and stir for 5 minutes more.

2 Stir in black-eyed peas, hominy, undrained tomatoes, broth, parsley, and molasses. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes.

nutrition facts per serving: 384 cal., 14 g total fat (3 g sat. fat), 24 mg chol., 1627 mg sodium, 47 g carb., 10 g dietary fiber, 17 g protein.

lowfat

southwest pork-salsa stew

start to finish: 25 minutes
makes: 4 servings

Cilantro-flavored salsa perks up the flavor of the pork and vegetables in this broth-based soup. The recipe calls for bottled cilantro-flavored salsa, for convenience, but you can use regular salsa and stir in 2 tablespoons snipped fresh cilantro.

Nonstick cooking spray
12 ounces boneless pork loin or sirloin, cut into bite-size strips
1 14.5-ounce can reduced-sodium chicken broth
½ cup bottled cilantro-flavored salsa
1 6-ounce can no-salt-added tomato paste
½ teaspoon ground cumin
1 zucchini, halved lengthwise and thinly sliced (2 cups)
1 cup frozen sweet soybeans (edamame) or baby lima beans
½ cup chopped peeled mango (1 small)

Lightly coat a large saucepan with cooking spray. Heat saucepan over medium-high heat. Add pork; cook and stir about 2 minutes or until brown. Stir in broth, salsa, tomato paste, and cumin. Stir in zucchini and edamame. Bring to boiling; reduce heat. Simmer, covered, about 10 minutes or until vegetables are tender. Top each serving with chopped mango.

nutrition facts per serving: 243 cal., 7 g total fat (2 g sat. fat), 47 mg chol., 594 mg sodium, 19 g carb., 6 g dietary fiber, 26 g protein.

lowfat

vegetable-pork oven stew

prep: 20 minutes **cook:** 10 minutes **bake:** 2 hours **oven:** at 325°F

makes: 6 servings

This savory stew plays up two Midwest mainstays—pork and corn. After browning the pork, the stew mixture bakes for 2 hours, which creates a rich, gravylike base and tender meat.

- 1½ pounds boneless pork shoulder or pork stew meat, cut into ¾-inch cubes
- 1 tablespoon vegetable oil
- 1½ cups coarsely chopped onions (3 medium)
- 2 14-ounce cans reduced-sodium chicken broth or vegetable broth or 3½ cups chicken stock
- 1 teaspoon dried thyme, crushed
- 1 teaspoon dried oregano, crushed
- 1 teaspoon lemon pepper
- ½ teaspoon salt
- ¼ cup all-purpose flour
- 1 16-ounce package frozen whole-kernel corn
- 1 pound tiny new potatoes, halved
- 2 cups fresh green beans, cut into 2-inch pieces, or frozen cut green beans

1 Preheat oven to 325°F. In a 4-quart Dutch oven brown half of the meat in hot oil. Remove meat from Dutch oven. Add remaining meat and onion. Cook and stir until meat is brown and onion is just tender. Return all meat to Dutch oven.

Reserve ½ cup of the broth. Stir in remaining broth, thyme, oregano, lemon pepper, and salt. Bring to boiling; remove from heat. Cover tightly and bake for 1 hour.

2 In a small bowl combine reserved ½ cup chicken broth and flour; stir into stew. Stir in frozen corn, potatoes, and green beans. Bake, covered, for 1 hour more or until meat and vegetables are tender and mixture is thickened.

nutrition facts per serving: 308 cal., 8 g total fat (2 g sat. fat), 46 mg chol., 625 mg sodium, 41 g carb., 6 g dietary fiber, 20 g protein.

louisiana chicken and sausage gumbo

prep: 40 minutes **cook:** 40 minutes
makes: 6 servings

This thick stew originated in Louisiana and combines the ingredients or methods of several cultures, including French, African, and Choctaw. This chicken and sausage combo is thickened with roux and flavored with okra, a Southern staple.

⅓ cup all-purpose flour
⅓ cup vegetable oil
½ cup chopped onion (1 medium)
½ cup chopped green or red sweet pepper (1 small)
½ cup sliced celery (1 stalk)
3 cloves garlic, minced
1½ to 2 teaspoons Cajun seasoning
1 14.5-ounce can beef broth
¾ cup water
1 10-ounce package frozen cut okra* or cut green beans
1½ cups chopped cooked chicken
8 ounces cooked smoked sausage links, sliced
3 cups hot cooked long-grain white or brown rice
Bottled hot pepper sauce (optional)

1 For roux, in a 3-quart heavy saucepan combine flour and oil until smooth; cook over medium-high heat for 5 minutes, stirring constantly. Reduce heat to medium; cook, stirring constantly, for 8 to 10 minutes more or until roux is dark reddish brown.

2 Stir in onion, sweet pepper, celery, and garlic; cook about 10 minutes or until vegetables are tender, stirring frequently. Stir in Cajun seasoning. Add broth and the water. Stir in okra. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes. Stir in chicken and sausage; heat through.

3 Serve gumbo in bowls over rice. If desired, serve with hot pepper sauce.

nutrition facts per serving: 355 cal., 14 g total fat (2 g sat. fat), 114 mg chol., 487 mg sodium, 34 g carb., 2 g dietary fiber, 22 g protein.

***note:** If you can’t find cut okra, buy whole; thaw slightly and slice.

chicken-chile stew with beans

stand: 8 hours **start to finish:** 2 hours
makes: 6 servings

Plan ahead, because you'll need to soak the dried beans overnight. Although canned beans are more convenient, dried beans create superior taste and texture in stews like this one and will allow you to control the sodium content.

1 pound dried navy beans
6 chicken thighs (2¼ pounds)
Kosher salt
Ground black pepper
2 thick slices salt pork (about 4 ounces)
2 dried whole pasilla peppers (optional)
8 cups chicken broth or water
2 large yellow onions, finely chopped
2 large Anaheim or poblano peppers, seeded, ribs removed, and cut into ⅓-inch dice*
1 small serrano or jalapeño peppers, seeded and minced* (optional)
1 tablespoon chopped garlic
1 tablespoon paprika
1 tablespoon chili powder
1 tablespoon unsweetened cocoa powder
1 tablespoon tomato paste
1 tablespoon honey
2 cups peeled, cubed pumpkin or winter squash (1-inch cubes)
Hot cooked rice

Cilantro, slivered red onion, thin slices jalapeño or serrano peppers*, and sour cream

1 Rinse beans. Place beans and 8 cups water in a 6-quart Dutch oven. Cover and let soak 8 to 24 hours. Sprinkle chicken generously with salt and black pepper. Refrigerate, uncovered, overnight.

2 Drain and rinse beans; return to pan. Set aside. In a large nonstick skillet slowly cook salt pork until lightly browned. Add salt pork, pasilla peppers, if desired, and broth to Dutch oven. Sprinkle with salt; bring to a simmer. Simmer, partially covered, for 1¼ hours.

3 Meanwhile, in same large nonstick skillet cook chicken about 15 minutes or until brown, turning once. Remove chicken from skillet; set aside. Drain fat, reserving 2 tablespoons in skillet. Add onions; sprinkle with salt. Stir well, scraping up any browned bits from bottom of skillet.

4 Stir in Anaheim peppers, serrano peppers, and garlic; cook slowly for 5 to 10 minutes, stirring often. Stir in paprika, chili powder, and cocoa. Add tomato paste and honey; cook 3 to 5 minutes more.

5 If necessary, add more stock or water to cover beans. Ladle 1 cup of bean liquid into onion-pepper mixture. Bring to a simmer. Carefully add to bean mixture in Dutch oven. Season to taste with salt and black pepper.

6 Add chicken thighs. Simmer slowly, partially covered, for 10 to 15 minutes.

7 Add pumpkin; cook 15 minutes more or until chicken and pumpkin are tender. Remove and discard salt pork and pasilla peppers. Serve stew over rice with cilantro, red onion, sliced peppers, and sour cream.

nutrition facts per serving: 575 cal., 23 g total fat, 83 mg chol., 964 mg sodium, 56 g carb., 18 g dietary fiber, 37 g protein.

***note:** See tip on handling chile peppers.

chicken-artichoke-brie soup

prep: 30 minutes **cook:** 20 minutes
makes: 8 servings

Bits of spinach and artichoke color this creamy chicken soup. Serve it as a main dish for four or as an elegant first course for eight.

¼ cup butter
1 cup chopped carrot (2 medium)
1 cup sliced celery (2 stalks)
1 cup chopped onion (1 large)
2 cloves garlic, minced
2 14-ounce cans chicken broth
½ teaspoon ground white pepper
¼ teaspoon salt
2 cups half-and-half, light cream, or whole milk
¼ cup all-purpose flour
1½ cups cubed cooked chicken or turkey (about 8 ounces)
1 cup whipping cream
½ of a 10-ounce package frozen chopped spinach, thawed and well drained
½ of an 8- to 9-ounce package frozen artichoke hearts, thawed and cut into bite-size pieces
1 4.5-ounce round Brie or Camembert cheese, rind removed, cut up
Croutons (optional)

1 In a large saucepan melt butter over medium heat. Add carrot, celery, onion, and garlic; cook and stir until tender. Add broth, pepper, and salt. Bring to boiling; reduce heat. Simmer, uncovered, for 15 minutes.

2 In a large screw-top jar combine half-and-half and flour. Cover and shake until smooth. Stir into soup; cook and stir until thickened and bubbly.

3 Stir in chicken, whipping cream, spinach, artichoke hearts, and cheese; cook and stir over medium-low heat about 5 minutes more or until heated through and cheese is melted. (Stir often to make sure soup doesn't scorch on bottom of saucepan.) If desired, top each serving with croutons.

nutrition facts per serving: 393 cal., 31 g total fat, 119 mg chol., 760 mg sodium, 12 g carb., 2 g dietary fiber, 16 g protein.

lowfat

southwest tomatillo-tortilla soup

prep: 25 minutes **cook:** 30 minutes
makes: 4 to 6 servings

Tangy tomatillos—small round green fruit—add a bright, almost citrusy flavor to this soup. Tomatillos are encased in a papery hull that often splits open as the fruit nears maturity. Find them in large supermarkets or at Mexican markets, especially during the summer and fall months.

1 tablespoon cumin seeds
1 tablespoon vegetable oil
3 6-inch corn tortillas, cut into thin strips
1 cup thinly sliced red onion
3 or 4 cloves garlic, thinly sliced
1 32-ounce carton chicken broth
12 ounces fresh tomatillos, husks removed and cut into wedges (about 3 cups)
2 teaspoons finely shredded orange zest
⅓ cup orange juice
Roasted red sweet peppers, cut into thin strips, and/or chopped tomatoes (optional)
Salt
Ground black pepper
Baked Tortilla Strips (optional)
Sour cream and/or snipped fresh cilantro (optional)

1 In a large dry saucepan cook and stir cumin seeds over medium heat for 3 to 5 minutes or until seeds are toasted and aromatic; remove seeds.

2 Add oil to saucepan and heat over medium heat. Add toasted cumin seeds, tortilla strips, red onion, and garlic; cook and stir for 5 to 6 minutes or until onion is tender.

3 Add broth, tomatillos, orange zest, and orange juice. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes, stirring occasionally. If desired, stir in roasted peppers and/or tomatoes and heat through. Season to taste with salt and black pepper.

4 If desired, garnish each serving with Baked Tortilla Strips, sour cream, and/or cilantro.

nutrition facts per serving: 217 cal., 11 g total fat (3 g sat. fat), 6 mg chol., 691 mg sodium, 25 g carb., 4 g dietary fiber, 8 g protein.

baked tortilla strips: Preheat oven to 425°F. Cut desired amount of 6-inch corn tortillas into strips. Place in a 15×1×10-inch baking pan. Bake for 10 minutes or until light brown, tossing once.

lowfat

manhattan clam chowder

prep: 30 minutes **cook:** 10 minutes
makes: 4 servings

Clams are the traditional seafood choice for this traditional tomato-based chowder. You can also use chunks of tilapia. Just add the fish during the final minutes of simmering.

1 pint shucked clams or two 6½-ounce cans minced clams
1 cup chopped celery (2 stalks)
⅓ cup chopped onion (1 small)
¼ cup chopped carrot (1 small)
2 tablespoons olive oil or vegetable oil
1 8-ounce bottle clam juice or 1 cup chicken broth
2 cups cubed red potato (2 medium)
1 teaspoon dried thyme, crushed
⅛ teaspoon cayenne pepper
⅛ teaspoon ground black pepper
1 14.5-ounce can diced tomatoes, undrained
2 tablespoons purchased cooked bacon pieces or cooked crumbled bacon*

1 Chop fresh clams (if using), reserving juice; set clams aside. Strain clam juice to remove bits of shell. (Or, drain canned clams, reserving the juice.) If necessary, add enough water to the reserved clam juice to equal 1½ cups. Set clam juice aside.

2 In a large saucepan cook celery, onion, and carrot in hot oil until tender. Stir in reserved 1½ cups clam juice and

bottled clam juice. Stir in potato, thyme, cayenne pepper, and black pepper. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. Stir in clams, undrained tomatoes, and bacon. Return to boiling; reduce heat. Cook for 1 to 2 minutes more or until heated through.

nutrition facts per serving: 252 cal., 9 g total fat (1 g sat. fat), 41 mg chol., 503 mg sodium, 24 g carb., 3 g dietary fiber, 18 g protein.

***note:** If you prefer to cook your own bacon, cook 2 slices, reserving 2 tablespoons drippings. Omit oil. Cook the celery, onion, and carrot in the reserved drippings.

new england clam chowder

start to finish: 45 minutes
makes: 4 servings

Have your crackers ready for this thick and creamy eastern seaboard classic. Fresh clams, along with the briny clam juice, smoky bacon, and hints of thyme, add deep, rich flavors.

1 pint shucked clams or two 6.5-ounce cans minced clams
2 slices bacon, halved
2½ cups chopped, peeled potato (3 medium)
1 cup chopped onion (1 large)
1 teaspoon instant chicken bouillon granules
1 teaspoon Worcestershire sauce
¼ teaspoon dried thyme, crushed
⅛ teaspoon ground black pepper
2 cups milk
1 cup half-and-half or light cream
2 tablespoons all-purpose flour

1 Chop fresh clams (if using), reserving juice; set clams aside. Strain clam juice to remove bits of shell. (Or, drain canned clams, reserving juice.) If necessary, add enough water to reserved clam juice to equal 1 cup. Set clam juice aside.

2 In a large saucepan cook bacon until crisp. Remove bacon, reserving 1 tablespoon drippings in pan. Drain bacon on paper towels; crumble bacon and set aside.

3 Stir reserved clam juice, potato, onion, bouillon granules, Worcestershire sauce, thyme, and pepper into saucepan.

Bring to boiling; reduce heat. Simmer, covered, about 15 minutes or until potato is tender. With the back of a fork, mash potato slightly against the side of the pan.

4 Stir together milk, half-and-half, and flour. Add to potato mixture; cook and stir until slightly thickened and bubbly. Stir in clams. Return to boiling; reduce heat. Cook for 1 to 2 minutes more or until heated through. Sprinkle each serving with crumbled bacon.

nutrition facts per serving: 376 cal., 15 g total fat (8 g sat. fat), 76 mg chol., 495 mg sodium, 35 g carb., 2 g dietary fiber, 24 g protein.

slowcooker lowfat

chicken and shrimp jambalaya

prep: 20 minutes **slow cook:** 4 ½ to 5½ hours (low) or 2¼ to 2¾ hours (high) + 30 minutes (high)

makes: 8 servings

The three-pepper Homemade Salt-Free Cajun Seasoning adds lots of fiery flavor to this slow-cooked version of jambalaya.

1 pound skinless, boneless chicken breast halves or thighs, cut into ¾-inch pieces
2 cups thinly sliced celery (4 stalks)
2 cups chopped onion (2 large)
1 14.5-ounce can no-salt-added diced tomatoes, undrained
1 14.5-ounce can reduced-sodium chicken broth
½ 6-ounce can no-salt-added tomato paste (⅓ cup)
1 recipe Homemade Salt-Free Cajun Seasoning or 1½ teaspoons salt-free Cajun seasoning
2 cloves garlic, minced
½ teaspoon salt
1½ cups instant brown rice
¾ cup chopped green, red, and/or yellow sweet pepper (1 medium)
8 ounces fresh or frozen peeled and deveined cooked shrimp (tails on, if desired)
2 tablespoons snipped fresh parsley
Celery leaves (optional)

1 In a 3½- or 4-quart slow cooker combine chicken, celery, onion, undrained tomatoes, broth, tomato paste, Homemade Salt-Free Cajun Seasoning, garlic, and salt.

2 Cover and cook on low-heat setting for 4½ to 5½ hours or on high-heat setting for 2¼ to 2¾ hours.

3 If using low-heat setting, turn to high-heat setting. Stir in rice and sweet pepper. Cover and cook about 30 minutes more or until most of the liquid is absorbed and rice is tender.

4 Thaw shrimp, if frozen. Stir shrimp and parsley into chicken mixture. If desired, garnish each serving with celery leaves.

nutrition facts per serving: 211 cal., 2 g total fat (0 g sat. fat), 88 mg chol., 415 mg sodium, 26 g carb., 4 g dietary fiber, 23 g protein.

homemade salt-free cajun seasoning: In a small bowl stir together ¼ teaspoon onion powder, ¼ teaspoon garlic powder, ¼ teaspoon ground white pepper, ¼ teaspoon paprika, ¼ teaspoon ground black pepper, and ⅛ to ¼ teaspoon cayenne pepper.

minnesota wild rice soup

prep: 35 minutes **cook:** 50 minutes
makes: 4 servings

A Minnesota staple—nutty and chewy wild rice—stars in this creamy soup. Wild rice isn't truly rice as all. It is a long-grain marsh grass native to the northern Great Lakes region.

1 tablespoon butter
½ cup finely chopped carrot (1 medium)
½ cup finely chopped onion (1 medium)
½ cup finely chopped celery (1 stalk)
4 cups chicken broth
¾ cup wild rice, rinsed and drained
12 ounces skinless, boneless chicken breast halves, cut into ¾-inch pieces
2 tablespoons all-purpose flour
2 tablespoons butter, softened
2 cups half-and-half or light cream
Salt
Ground black pepper

1 In a large saucepan heat 1 tablespoon butter over medium heat until melted. Add carrot, onion, and celery; cook for 4 to 6 minutes or until tender, stirring occasionally. Add broth and wild rice. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes. Add chicken. Simmer, covered, for 20 to 25 minutes more or until wild rice is tender.

2 In a small bowl combine flour and 2 tablespoons softened butter to make a smooth paste. Stir the flour mixture into rice mixture; cook and stir until thickened and bubbly. Cook

and stir for 1 minute more. Add half-and-half; cook and stir over medium heat until heated through. Season to taste with salt and pepper.

nutrition facts per serving: 479 cal., 24 g total fat (14 g sat. fat), 119 mg chol., 1213 mg sodium, 36 g carb., 3 g dietary fiber, 30 g protein.

lowfat

san francisco seafood stew

start to finish: 45 minutes
makes: 6 servings

Savor a shellfish-rich stew where shrimp, cod, and mussels mingle in a mix of pungent garlic and savory seasonings. Serve with warm, crusty bread and lemon wedges for squeezing into the broth.

8 ounces fresh or frozen cod or other white fish
8 ounces fresh or frozen shrimp
1 cup finely chopped leek (3 medium)*
1 medium fennel bulb, trimmed, cored, and chopped (1 cup)
½ cup chopped celery (1 stalk)
½ cup chopped carrot (1 medium)
12 cloves garlic, minced
1 tablespoon olive oil
1 tablespoon tomato paste
2 teaspoons dried Italian seasoning, crushed
¼ cup dry white wine or reduced-sodium chicken broth
1 28-ounce can no-salt-added diced tomatoes, undrained
1 14-ounce can reduced-sodium chicken broth
1½ cups water
½ cup clam juice
1 pound mussels, soaked, scrubbed, and beards removed**
½ cup snipped fresh parsley

1 Thaw fish and shrimp, if frozen. Rinse fish and shrimp; pat dry with paper towels. Cut fish into 1-inch pieces. Peel and devein shrimp; halve shrimp lengthwise. Set fish and shrimp aside.

2 In an 8-quart Dutch oven cook leek, fennel, celery, carrot, and garlic in hot oil about 5 minutes or until tender. Stir in tomato paste and Italian seasoning; cook for 1 minute. Carefully add wine; cook and stir until wine is nearly evaporated.

3 Stir in undrained tomatoes, broth, the water, and clam juice. Bring to boiling; reduce heat to medium-low. Simmer, uncovered, for 10 minutes.

4 Add mussels and fish. Cook, covered, about 5 minutes or until mussels open. Discard any unopened mussels. Add shrimp; cook for 1 to 2 minutes more or until shrimp are opaque. Stir in half of the parsley. Sprinkle each serving with the remaining parsley.

nutrition facts per serving: 214 cal., 5 g total fat (1 g sat. fat), 90 mg chol., 588 mg sodium, 17 g carb., 4 g dietary fiber, 26 g protein.

***note:** See tip on cleaning leeks.

****note:** Scrub mussels in shells under cold running water. Remove beards.

easy maryland crab bisque

start to finish: 20 minutes
makes: 6 servings

Two flavors of canned soup—asparagus and mushroom—come together to create an elegant soup that takes just 20 minutes to make. This version gains extra spark from the addition of a little dry sherry.

2¾ cups milk
1 10.75-ounce can condensed cream of asparagus soup
1 10.75-ounce can condensed cream of mushroom soup
1 cup half-and-half or light cream
5 to 6 ounces crabmeat, drained, flaked, and cartilage removed
3 tablespoons dry sherry or milk
Fresh chives (optional)

In a 3-quart saucepan combine milk, asparagus soup, mushroom soup, and half-and-half. Bring just to boiling over medium heat, stirring frequently. Stir in crabmeat and dry sherry; heat through. If desired, garnish each serving with chives.

nutrition facts per serving: 225 cal., 12 g total fat (5 g sat. fat), 51 mg chol., 882 mg sodium, 15 g carb., 0 g dietary fiber, 12 g protein.

easy shrimp bisque: Prepare as above except substitute cream of shrimp soup for the cream of mushroom soup and 8 ounces cooked small shrimp for the crabmeat.

easy mushroom bisque: Prepare as above except cook and stir 2 cups sliced fresh button, shiitake, and/or portobello mushrooms in 2 tablespoons hot butter until tender. Continue as directed, omitting crabmeat. Omit chives. If desired, garnish each serving with additional sautéed mushrooms and caramelized onions.

slowcooker lowfat

shrimp creole

prep: 25 minutes **slow cook:** 5 to 6 hours (low) or 2½ to 3 hours (high)
makes: 6 to 8 servings

Creole cooking is a fusion of Spanish, French, and African cuisines that came together in New Orleans. The robust tomato base and traditional spicy-hot seasonings make this a delightful stew.

1 14.5-ounce can diced tomatoes, undrained
1 14-ounce can chicken broth
1½ cups chopped onion (3 medium)
1 cup chopped green sweet pepper (2 small)
1 cup sliced celery (2 stalks)
1 6-ounce can tomato paste
⅓ cup thinly sliced green onion (3)
1 bay leaf
1½ teaspoons paprika
½ teaspoon ground black pepper
¼ teaspoon salt
⅛ teaspoon bottled hot pepper sauce
2 cloves garlic, minced
1½ pounds peeled and deveined cooked medium shrimp
3 cups hot cooked rice

1 In a 3½- to 4-quart slow cooker combine undrained tomatoes, broth, onion, sweet pepper, celery, tomato paste,

green onion, bay leaf, paprika, black pepper, salt, hot pepper sauce, and garlic.

2 Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours.

3 Discard bay leaf. Stir shrimp into tomato mixture; heat through. Serve over rice.

nutrition facts per serving: 344 cal., 3 g total fat (1 g sat. fat), 227 mg chol., 673 mg sodium, 39 g carb., 3 g dietary fiber, 37 g protein.

northwest salmon chowder

start to finish: 25 minutes
makes: 4 servings

The rich flavor of salmon is combined with sautéed mixed vegetables and fresh parsley to create an elegant cream-based soup. A fresh jalapeño chile pepper adds a touch of heat.

1 tablespoon butter
2 cups assorted frozen vegetables, such as broccoli florets, sliced carrots, chopped sweet peppers, and/or corn kernels
2 tablespoons seeded and finely chopped jalapeño peppers* (optional)
2 tablespoons all-purpose flour
2 cups milk
1 cup half-and-half or light cream
2 cups frozen hash brown potatoes with onions and peppers, thawed
12 to 14 ounces cooked, skinned fresh salmon, flaked**; or 14.5-ounce can salmon, drained, flaked, and cartilage removed
¼ cup snipped fresh parsley
2 tablespoons lemon juice
½ teaspoon salt
½ teaspoon ground black pepper

1 In a large saucepan heat butter over medium heat until melted. Add frozen vegetables and, if desired, chile peppers; cook for 3 to 5 minutes or until tender. Stir in flour. Gradually stir in milk and half-and-half; cook and stir until slightly thickened and bubbly. Cook and stir for 1 minute more.

2 Stir in hash brown potatoes, salmon, parsley, lemon juice, salt, and black pepper; heat through.

nutrition facts per serving: 383 cal., 19 g total fat (9 g sat. fat), 98 mg chol., 1009 mg sodium, 23 g carb., 4 g dietary fiber, 30 g protein.

***note:** See tip on handling chile peppers.

****note:** To cook fresh salmon, place fish on the greased unheated rack of a broiler pan, tucking under thin edges. Broil 4 inches from the heat for 4 to 6 minutes per ½-inch thickness or just until fish flakes easily when tested with a fork.

sweet potato–corn chowder

prep: 30 minutes **cook:** 35 minutes
makes: 8 to 10 servings

Jazz up classic corn chowder for a memorable one-bowl meal. Here, sweet potatoes and andouille sausage make their way into the mix, along with cumin, chili powder, and Cajun spice for a little zing.

12 ounces andouille, kielbasa, or smoked pork sausage, halved lengthwise and cut into ½-inch slices
1 cup chopped onion (1 large)
1 cup chopped celery (2 stalks)
1 tablespoon minced garlic (6 cloves)
3 tablespoons all-purpose flour
1½ teaspoons ground cumin
1½ teaspoons chili powder
1 teaspoon Cajun or Creole seasoning
6 cups chicken broth
1 16-ounce package frozen whole-kernel corn or 3 cups fresh sweet corn kernels
2 cups ½-inch cubes peeled sweet potato (about 2 small)
12 ounces skinless, boneless chicken breast halves, cut into ¾-inch pieces
1 cup whipping cream
1 teaspoon ground black pepper

1 In a 6-quart Dutch oven brown sausage over medium heat for 5 minutes, stirring occasionally. Add onion, celery, and garlic; cook and stir for 5 minutes. Stir in flour, cumin, chili powder, and Cajun seasoning. Cook and stir for 2 minutes more. Stir in broth. Bring to boiling.

2 Add frozen corn, sweet potato, and chicken. Return to boiling; reduce heat. Simmer, covered, for about 20 minutes or until sweet potato is tender. Stir in whipping cream and pepper; heat through.

nutrition facts per serving: 408 cal., 25 g total fat (13 g sat. fat), 86 mg chol., 1161 mg sodium, 27 g carb., 3 g dietary fiber, 19 g protein.

lowfat

california cioppino

start to finish: 35 minutes
makes: 8 servings

This famous seafood soup (pronounced cha-PEE-noh) is credited to San Francisco Italian immigrants. For added interest, use two different kinds of fish for this recipe.

2 pounds skinless fresh salmon or cod fillets, and/or sea scallops
2 fennel bulbs, trimmed and thinly sliced
3 tablespoons olive oil
4 cloves garlic, minced
3 cups coarsely chopped tomato (3 large)
1 14- to 15-ounce can fish stock or chicken broth
1 teaspoon dried oregano, crushed, or 2 teaspoons snipped fresh oregano
½ teaspoon anise seeds, crushed (optional)
Salt
Ground black pepper
Fennel leaves or shredded fresh basil

1 Rinse fish and/or scallops; pat dry with paper towels. If using fish, cut into 2-inch pieces. Set aside.

2 In a 4- to 6-quart Dutch oven cook sliced fennel in hot oil over medium heat about 10 minutes or until tender, stirring occasionally. Add garlic; cook and stir for 1 minute more.

3 Add tomato, stock, dried oregano (if using), and, if desired, anise seeds. Bring to boiling. Stir in fish and/or

scallops. Return to boiling; reduce heat. Simmer, uncovered, for 6 to 8 minutes or until fish flakes easily when tested with a fork and/or scallops are opaque. Season to taste with salt and pepper. Stir in fresh oregano (if using). Garnish each serving with fennel leaves.

nutrition facts per serving: 178 cal., 6 g total fat (1 g sat. fat), 49 mg chol., 169 mg sodium, 9 g carb., 3 g dietary fiber, 22 g protein.

wisconsin beer and cheese soup

prep: 25 minutes **stand:** 30 minutes **cook:** 25 minutes
makes: 10 servings

Celebrate Wisconsin's beer and cheese heritage with this hearty vegetable chowder. The tang of the beer and smokiness of the bacon hold up to the bold cheddar and Parmesan cheeses.

1½ cups shredded sharp cheddar cheese (6 ounces)
1¼ cups shredded white cheddar cheese (5 ounces)
¼ cup butter
½ cup finely chopped onion (1 medium)
½ cup finely chopped carrot (1 medium)
¼ cup thinly sliced green onion (2)
2 cloves garlic, minced
½ cup all-purpose flour
½ teaspoon dry mustard
5 cups chicken broth
1 12-ounce bottle beer
1 cup whipping cream
1½ cups frozen diced hash brown potatoes
1½ cups small broccoli florets
10 slices bacon, crisp-cooked, drained, and chopped
⅓ cup grated Parmesan or Romano cheese
½ teaspoon bottled hot pepper sauce
½ teaspoon Worcestershire sauce

1 Allow sharp cheddar cheese and white cheddar cheese to stand at room temperature for 30 minutes. Meanwhile, in a 4-quart Dutch oven melt butter over medium heat. Add onion, carrot, green onion, and garlic; cook for 8 to 10 minutes or until vegetables are tender, stirring occasionally.

2 Stir in flour and dry mustard (mixture will be thick). Add broth all at once; cook and stir until bubbly. Add beer and cream. Stir in potatoes and broccoli. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes, stirring occasionally.

3 Gradually stir in sharp cheddar and white cheddar, stirring after each addition until cheeses are melted. Stir in bacon, Parmesan, hot pepper sauce, and Worcestershire sauce. Serve immediately.

nutrition facts per serving: 390 cal., 29 g total fat (17 g sat. fat), 90 mg chol., 964 mg sodium, 16 g carb., 1 g dietary fiber, 15 g protein.

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sunday specials

If there’s a day made for savoring our favorite comforting soups, it has to be laid-back, lazy Sundays. The cozy concoctions here are truly food for the soul. These work wonderfully for making guests feel at home, especially when everyone gathers for a casual soup supper.

Three-Pepper Beef Stew
Fireside Beef Stew
Beef Stew with Red Wine Gravy
Gingered Beef and Vegetable Stew
French Country Soup
Pizza Stew with Biscuits
Burgundy Beef Stew
Chunky Pot Roast–Portobello Soup
White Bean Soup with Sausage and Kale
Simple Short Rib Stew
Kale, Beef, and White Bean Stew
Hot-Stuff Kielbasa-Cheese Soup
Hearty Pork-Beer Stew
Italian Wild Rice Soup
Five-Spice Pork Soup
Sweet Potato–Black Bean Stew
Red Bean, Chicken, and Sweet Potato Stew
Chicken–Matzo Ball Soup
Parmesan-Pesto Chicken Noodle Soup
Chicken–Butternut Squash Soup
Primavera Chicken and Vegetable Soup
Mexican Chicken-Tortilla Soup
Chicken-and-Apple Curry Soup
Chicken, Barley, and Leek Stew
Mediterranean Kale and Cannellini Stew with Farro

Smoked Turkey and Corn Chowder
Asian Chicken and Shrimp Soup
Pasta e Fagioli
Pumpkin, Barley, and Sage Soup

lowfat

three-pepper beef stew

prep: 35 minutes **cook:** 1½ hours
makes: 6 servings

Cayenne pepper sauce, crushed red pepper flakes, and red sweet peppers add up to triple-good flavor in this zesty stew.

1 tablespoon canola oil
4 carrots, cut into 1-inch pieces
2 stalks celery, cut into 1-inch pieces
½ cup chopped onion (1 medium)
6 cloves garlic, minced
2 pounds beef chuck roast, trimmed of fat and cut into 1-inch cubes
1¾ cups dry red wine or one 14-ounce can beef broth
1 14-ounce can reduced-sodium beef broth
2 tablespoons tomato paste
1 tablespoon Worcestershire sauce
2 to 3 teaspoons bottled cayenne pepper sauce
¼ to ½ teaspoon crushed red pepper flakes
2 potatoes, cut into 1-inch pieces
2 red sweet peppers, cut into 1-inch pieces
2 tablespoons cold water
1 tablespoon cornstarch

1 In a 4- to 6-quart Dutch oven heat oil over medium heat. Add carrots, celery, onion, and garlic; cook about 5 minutes or until onion is tender, stirring occasionally. Add beef; cook about 15 minutes or until brown, stirring occasionally. Drain fat.

2 Stir in wine, broth, tomato paste, Worcestershire sauce, pepper sauce, and red pepper flakes. Bring to boiling; reduce heat. Simmer, covered, for 1 hour, stirring occasionally.

3 Add potatoes and sweet peppers. Return to boiling; reduce heat. Simmer, covered, for 15 to 20 minutes or until meat and potatoes are tender.

4 In a small bowl stir together the cold water and cornstarch. Stir into beef mixture; cook and stir until thickened and bubbly. Cook and stir for 2 minutes more.

nutrition facts per serving: 401 cal., 10 g total fat (3 g sat. fat), 82 mg chol., 358 mg sodium, 25 g carb., 4 g dietary fiber, 36 g protein.

slowcooker lowfat

fireside beef stew

prep: 25 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high) + 15 minutes (high)
makes: 6 servings

This is the kind of stew that makes you want to stay inside and curl up next to the fireplace. Chunks of beef, potatoes, squash, and green beans make this a hearty yet healthful stew.

1½ pounds boneless beef chuck pot roast
2½ cups peeled, seeded butternut squash cut into 1-inch pieces (about 1 pound)
2 small onions, cut into wedges
2 cloves garlic, minced
1 14.5-ounce can reduced-sodium beef broth
1 8-ounce can tomato sauce
2 tablespoons Worcestershire sauce
1 teaspoon dry mustard
¼ teaspoon ground black pepper
⅛ teaspoon ground allspice
2 tablespoons cold water
4 teaspoons cornstarch
1 9-ounce package frozen Italian green beans

1 Trim fat from meat. Cut meat into 1-inch pieces. In a 3½- to 4½-quart slow cooker combine meat, squash, onions, and garlic. Stir in broth, tomato sauce, Worcestershire sauce, dry mustard, pepper, and allspice.

2 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

3 If using low-heat setting, turn to high-heat setting. In a small bowl combine cold water and cornstarch. Stir into mixture in cooker. Stir in frozen green beans. Cover and cook about 15 minutes more or until thickened. If desired, sprinkle each serving with more pepper.

nutrition facts per serving: 206 cal., 4 g total fat (1 g sat. fat), 67 mg chol., 440 mg sodium, 15 g carb., 3 g dietary fiber, 27 g protein.

slowcooker lowfat

beef stew with red wine gravy

prep: 30 minutes **slow cook:** 12 to 14 hours (low) or 6 to 7 hours (high)
makes: 6 servings

This hearty stew gets its distinctive flavor from Jerusalem artichokes, a root vegetable that resembles gingerroot and is often used as a potato substitute. It has a delicate flavor that is slightly sweet and nutlike, similar to jicama and water chestnuts.

2 pounds boneless beef chuck roast
¼ cup all-purpose flour
2 teaspoons Italian seasoning
1 teaspoon salt
½ teaspoon ground black pepper
2 tablespoons olive oil
2 large onions, cut into thin wedges
8 ounces parsnips, quartered lengthwise and halved
8 ounces carrots, quartered lengthwise and halved
8 ounces Jerusalem artichokes (sunchokes), peeled and coarsely chopped
1 cup Cabernet Sauvignon or beef broth
½ cup beef broth
¼ cup tomato paste
Chopped roma tomatoes, golden raisins, and/or red wine vinegar or balsamic vinegar
Crusty French bread (optional)

1 Trim excess fat from beef; cut into 1-inch cubes. In a large resealable plastic bag combine flour, Italian seasoning, salt, and pepper. Add meat, shaking to coat. In a 12-inch skillet brown meat half at a time in hot oil, adding more oil, if necessary.

2 Meanwhile, in a 4½- to 6-quart slow cooker place onions, parsnips, carrots, and artichokes. Top with meat. Combine wine and beef broth; pour over all.

3 Cover and cook on low-heat setting for 12 to 14 hours or on high-heat setting for 6 to 7 hours. Stir in tomato paste. Pass tomatoes, raisins, and/or vinegar to sprinkle on each serving. If desired, serve with crusty bread.

nutrition facts per serving: 356 cal., 9 g total fat (2 g sat. fat), 90 mg chol., 601 mg sodium, 26 g carb., 4 g dietary fiber, 35 g protein.

slowcooker lowfat

gingered beef and vegetable stew

prep: 25 minutes **slow cook:** 7 to 8 hours (low) or 3½ to 4 hours (high) + 15 minutes (high)
makes: 8 servings

If you have some ginger left over from this boldly flavored stew, wrap it loosely in a paper towel and refrigerate it for 2 to 3 weeks. For longer storage, place unpeeled ginger in a freezer bag and store in the freezer; you can grate or slice the ginger while it's frozen.

2½ pounds boneless beef round steak
Nonstick cooking spray
1 tablespoon vegetable oil
2 medium carrots, bias-sliced into ½-inch pieces
¾ cup chopped red sweet pepper (1 medium)
⅔ cup sliced leek (2 medium)*
1¼ cups water
3 tablespoons soy sauce
1 tablespoon grated fresh ginger
3 cloves garlic, minced
1½ teaspoons instant beef bouillon granules
⅛ to ¼ teaspoon cayenne pepper
2 tablespoons cornstarch
2 tablespoons cold water
1 10-ounce package frozen sugar snap peapods, thawed
½ cup sliced green onion (4)

1 Trim fat from meat. Cut meat into 1-inch pieces. Coat the inside of a 3½- or 4-quart slow cooker with cooking spray; set aside. Coat a large skillet with cooking spray; heat skillet over medium-high heat. Add meat half at a time; cook until brown, adding oil if necessary. Transfer meat to the prepared cooker. Add carrots, sweet pepper, and leeks. For sauce, in a medium bowl combine the 1¼ cups water, soy sauce, ginger, garlic, bouillon granules, and cayenne pepper. Pour over mixture in cooker.

2 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.

3 If using low-heat setting, turn to high-heat setting. In a small bowl combine cornstarch and the 2 tablespoons cold water. Stir into mixture in cooker. Stir in peapods. Cover and cook about 15 minutes more or until sauce is thickened and peapods are tender, stirring once. Stir in green onions.

nutrition facts per serving: 253 cal., 9 g total fat (2 g sat. fat), 82 mg chol., 448 mg sodium, 9 g carb., 2 g dietary fiber, 33 g protein.

***note:** See tip on cleaning leeks.

slowcooker lowfat

french country soup

prep: 20 minutes **stand:** 1 hour **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high)
makes: 6 servings

Crusty pieces of French bread are perfect for soaking up the wonderful rosemary-seasoned broth in this bean-and-beef combo.

8 ounces dried navy, Great Northern, or cannellini (white kidney) beans
1 pound lean beef or lamb stew meat, cut into ¾- to 1-inch pieces
4 cups reduced-sodium chicken broth
2 medium carrots, cut into 1-inch pieces
2 stalks celery, cut into 1-inch pieces
1 large onion, cut into thin wedges
1 cup dry white wine
6 cloves garlic, minced
3 bay leaves
1½ teaspoons dried rosemary, crushed
½ teaspoon salt
¼ teaspoon ground black pepper

1 Rinse beans; drain. Place beans in a 4-quart Dutch oven. Add enough water to cover beans by 2 inches. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Cover and let stand for 1 hour. Drain and rinse beans.

2 In a 3½- to 6-quart slow cooker combine beans, meat, broth, carrots, celery, onion, wine, garlic, bay leaves,

rosemary, salt, and pepper.

3 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Discard bay leaves.

nutrition facts per serving: 288 cal., 3 g total fat (1 g sat. fat), 45 mg chol., 652 mg sodium, 31 g carb., 11 g dietary fiber, 27 g protein.

slowcooker lowfat

pizza stew with biscuits

prep: 20 minutes **slow cook:** 3 hours (low) + 45 minutes (high)
makes: 5 servings

Delicate biscuits top this saucy stew that's delicious with either store-bought or homemade marinara sauce. Cremini mushrooms, also known as brown or baby portobello mushrooms, heighten the flavor of the sauce.

3 cups quartered or sliced fresh cremini mushrooms (8 ounces)
¾ cup chopped green sweet pepper (1 medium)
⅓ cup finely chopped onion (1 small)
1 teaspoon dried Italian seasoning, crushed
¼ teaspoon salt
¼ teaspoon ground black pepper
2 cups marinara sauce
1¼ pounds ground turkey breast
¾ cup low-fat pancake and baking mix
⅓ cup grated Parmesan cheese
¼ teaspoon dried oregano, crushed
¼ cup fat-free milk
½ cup shredded part-skim mozzarella cheese (2 ounces) (optional)

1 In a 3½- or 4-quart slow cooker combine mushrooms, sweet pepper, onion, Italian seasoning, salt, and black

pepper. Pour marinara sauce over all. Using a wooden spoon, break up ground turkey into bite-size pieces. Add to cooker, stirring to combine. Cover and cook on low-heat setting for 3 hours.

2 For biscuits, in a small bowl combine baking mix, Parmesan, and oregano. Add milk; stir with a fork until combined.

3 Turn cooker to high-heat setting. Drop biscuit dough by the tablespoonful into stew to make 5 biscuits. Cover and cook for 45 to 60 minutes more. (Do not lift cover during cooking.)

4 If desired, sprinkle each serving with mozzarella cheese.

nutrition facts per serving: 323 cal., 7 g total fat (2 g sat. fat), 62 mg chol., 851 mg sodium, 32 g carb., 4 g dietary fiber, 33 g protein.

slowcooker lowfat

burgundy beef stew

prep: 20 minutes **slow cook:** 10 to 12 hours (low) or 5 to 6 hours (high)
makes: 6 servings

Burgundy wines are made from Pinot Noir grapes, so if you don't want to splurge for a real Burgundy wine from France, simply choose a good Pinot Noir from California or Oregon.

2 pounds boneless beef chuck pot roast
½ teaspoon salt
¼ teaspoon ground black pepper
2 tablespoons vegetable oil (optional)
6 medium carrots, cut into 1½-inch pieces
1 9-ounce package frozen cut green beans
2 cups frozen small whole onions
2 cloves garlic, minced
2 tablespoons quick-cooking tapioca
1 14.5-ounce can reduced-sodium beef broth
1 cup dry red wine
3 cups hot cooked egg noodles (optional)
4 slices bacon, crisp-cooked, drained, and crumbled
Snipped fresh parsley (optional)

1 Trim fat from meat. Cut meat into 1-inch pieces. Sprinkle meat with salt and pepper. If desired, in a large skillet cook meat, one-third at a time, in hot oil over medium-high heat until brown. Drain fat.

2 In a 3½- or 4-quart slow cooker combine carrots, frozen green beans, frozen onions, and garlic. Add meat. Sprinkle with tapioca. Pour broth and wine over all.

3 Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours. If desired, serve over hot cooked noodles. Sprinkle each serving with bacon and, if desired, parsley.

nutrition facts per serving: 317 cal., 8 g total fat (3 g sat. fat), 95 mg chol., 977 mg sodium, 16 g carb., 3 g dietary fiber, 37 g protein.

slowcooker

chunky pot roast–portobello soup

prep: 20 minutes **slow cook:** 7 to 8 hours (low) or 4 to 5 hours (high) + 30 minutes (high)
makes: 6 servings

Adding red wine and tomato paste to this hearty soup brings out the rich flavors of the beef and portobello mushrooms. A quick browning of the beef in the beginning helps concentrate its meaty taste as it simmers to fork-tender doneness in a slow cooker.

1 2½-pound boneless beef chuck pot roast
¼ cup all-purpose flour
1 teaspoon dried thyme, crushed
½ teaspoon ground black pepper
2 tablespoons olive oil
1 cup chopped onion (1 large)
3 cloves garlic, minced
3 cups reduced-sodium beef broth
1 cup dry red wine, such as Burgundy
3 tablespoons tomato paste
½ teaspoon salt
1 pound fresh baby portobello mushrooms, halved
¾ cup coarsely chopped red sweet pepper (1 medium)
Snipped fresh parsley

1 Trim fat from meat. Cut meat into 1½-inch pieces. In a plastic bag combine flour, thyme, and black pepper. Add

meat, a few pieces at a time, shaking to coat. In a large skillet heat 1 tablespoon of the oil over medium-high heat. Add half the meat; cook about 5 minutes or until meat is brown. Transfer meat to a 4-quart slow cooker. Repeat with the remaining meat and the remaining 1 tablespoon oil, adding onion and garlic for the last 3 minutes of cooking. Transfer meat mixture to the cooker. Stir in broth, wine, tomato paste, and salt.

2 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 4 to 5 hours.

3 If using low-heat setting, turn to high-heat setting. Stir in mushrooms and sweet pepper. Cover and cook for 30 minutes more. Sprinkle each serving with parsley.

nutrition facts per serving: 551 cal., 33 g total fat (12 g sat. fat), 166 mg chol., 606 mg sodium, 14 g carb., 3 g dietary fiber, 41 g protein.

white bean soup with sausage and kale

start to finish: 30 minutes
makes: 5 servings

Kale adds a bit of a cabbage-like flavor to this hearty soup. If your family likes spicy food, use hot Italian sausage links in place of the mild ones.

12 ounces mild Italian sausage links, sliced ½ inch thick
¼ cup water
½ cup chopped onion (1 medium)
1 teaspoon bottled minced garlic
1 tablespoon vegetable oil
2 15-ounce cans cannellini (white kidney) beans, rinsed and drained
2 14-ounce cans reduced-sodium chicken broth
1 14.5-ounce can diced tomatoes with basil, garlic, and oregano, undrained
4 cups coarsely chopped kale or spinach
Ground black pepper

1 Combine sliced sausage and the water in a large skillet. Bring to boiling; reduce heat. Simmer, covered, about 10 minutes or until sausage is no longer pink. Uncover and cook about 5 minutes more or until sausage is brown, stirring frequently. Remove sausage with a slotted spoon; set aside.

2 Meanwhile, in a large saucepan cook onion and garlic in hot oil about 5 minutes or until onion is tender. Stir in beans,

broth, and undrained tomatoes. Bring to boiling, covered; reduce heat. Simmer, covered, for 5 minutes.

3 Stir in cooked sausage and kale. Simmer, uncovered, about 3 minutes more or until kale is tender. Season to taste with pepper.

nutrition facts per serving: 394 cal., 19 g total fat (7 g sat. fat), 46 mg chol., 1510 mg sodium, 38 g carb., 10 g dietary fiber, 25 g protein.

slowcooker

simple short rib stew

prep: 35 minutes **slow cook:** 7 to 8 hours (low) or 3½ to 4 hours (high)
makes: 6 servings

Here's a stick-to-your ribs meal with a nifty twist. The sweetness of bottled plum or hoisin sauce takes the place of ordinary barbecue sauce.

2 pounds boneless beef short ribs
Nonstick cooking spray
1 pound tiny new potatoes, halved
5 medium carrots, cut into 1-inch pieces
1 12-ounce jar beef gravy
½ cup plum sauce or hoisin sauce

1 Trim fat from ribs. Cut ribs into 1½-inch pieces. Lightly coat a 12-inch skillet with cooking spray; heat skillet over medium-high heat. Add meat, half at a time; cook until brown. Drain fat.

2 In a 3½- or 4-quart slow cooker combine potatoes and carrots. Top with meat. In a medium bowl stir together gravy and plum sauce; pour over mixture in cooker.

3 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours. Skim fat.

nutrition facts per serving: 621 cal., 26 g total fat (11 g sat. fat), 173 mg chol., 670 mg sodium, 30 g carb., 3 g dietary fiber, 62 g protein.

slowcooker lowfat

kale, beef, and white bean stew

prep: 25 minutes **slow cook:** 6 to 7 hours (low) or 3 to 3½ hours (high) + 30 minutes (high)
makes: 6 servings

Tender chunks of beef and hearty kale make up this light but filling main-dish soup. Serve with crusty whole-grain bread and a slice or two of cheese.

1¼ pounds boneless beef top sirloin steak
1 14.5-ounce can stewed tomatoes, undrained
1 14.5-ounce can reduced-sodium beef broth
1 cup chopped onion (1 large)
1 tablespoon paprika
2 cloves garlic, minced
1 teaspoon dried thyme, crushed
½ teaspoon dried rosemary, crushed
¼ teaspoon ground black pepper
7 cups chopped, trimmed kale (about 1 bunch)
2 15-ounce cans no-salt-added cannellini (white kidney) beans, rinsed and drained
1 to 2 tablespoons balsamic vinegar

1 Trim fat from meat. Cut meat into 1-inch pieces. In a 4- to 5-quart slow cooker combine meat, undrained tomatoes, broth, onion, paprika, garlic, thyme, rosemary, and pepper.

2 Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.

3 If using low-heat setting, turn to high-heat setting. Stir in kale and beans. Cover and cook for 30 minutes more. Stir in vinegar.

nutrition facts per serving: 326 cal., 7 g total fat (2 g sat. fat), 29 mg chol., 562 mg sodium, 39 g carb., 9 g dietary fiber, 30 g protein.

hot-stuff kielbasa-cheese soup

prep: 25 minutes **cook:** 20 minutes
makes: 6 to 8 servings

The rich, creamy flavors in this colorful soup warmed the hearts of our taste panel judges. If you like, cut calories by substituting turkey kielbasa, fat-free milk, and low-fat cheese.

1 large onion, halved lengthwise and thinly sliced
1 cup sliced celery (2 stalks)
¼ cup butter
¼ cup all-purpose flour
2 teaspoons Worcestershire sauce
¾ teaspoon dry mustard
1 14.5-ounce can chicken broth
3 cups peeled and cubed potato
1 cup chopped carrot (2 medium)
8 ounces fully cooked kielbasa (Polish sausage), sliced ¼ inch thick
3¼ cups milk
3 cups shredded sharp cheddar cheese (12 ounces)
¼ teaspoon ground black pepper
Shredded sharp cheddar cheese or coarsely ground black pepper (optional)

1 In a 4-quart Dutch oven cook onion and celery in hot butter until tender. Stir in flour, Worcestershire sauce, and mustard; cook and stir for 2 minutes. Carefully stir in broth.

2 Add potato, carrot, and kielbasa. Bring to boiling; reduce heat. Simmer, covered, for about 20 minutes or until potato

is tender.

3 Stir in milk. Heat and stir until mixture almost comes to a boil; reduce heat. Add 3 cups cheese and ¼ teaspoon pepper; cook and stir until cheese is melted. If desired, sprinkle each serving with cheese or pepper.

nutrition facts per serving: 629 cal., 44 g total fat (24 g sat. fat), 129 mg chol., 1294 mg sodium, 31 g carb., 3 g dietary fiber, 29 g protein.

slowcooker lowfat

hearty pork-beer stew

prep: 35 minutes **slow cook:** 7 to 8 hours (low) or 3½ to 4 hours (high)
makes: 8 servings

Sweet potatoes, parsnips, and apples are an intriguing combo in this autumn stew. A porter is a good brew to use in stews like this, because its toasted malt flavors work very well with slow-cooked meat.

1 pound boneless pork shoulder roast
Nonstick cooking spray
2 large sweet potatoes, peeled and cut into 1-inch pieces
3 medium parsnips, peeled and cut into ¾-inch slices
2 small green apples, cut into wedges
1 medium onion, cut into thin wedges
3 cups vegetable broth or chicken broth
1 tablespoon packed brown sugar
1 tablespoon Dijon-style mustard
1½ teaspoons dried thyme, crushed
2 cloves garlic, minced
½ teaspoon crushed red pepper flakes
1 12-ounce can beer or 1½ cups vegetable broth or chicken broth
4 large roma tomatoes, cut up

1 Trim fat from meat. Cut meat into ¾-inch pieces. Lightly coat a large skillet with cooking spray; heat skillet over medium-high heat. Add meat; cook until brown. Transfer meat to a 5- to 6-quart slow cooker.

2 Add sweet potatoes, parsnips, apples, and onion. In a medium bowl whisk together broth, brown sugar, mustard, thyme, garlic, and red pepper flakes. Pour broth mixture and beer over mixture in cooker.

3 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours. Stir in tomatoes.

nutrition facts per serving: 209 cal., 4 g total fat (1 g sat. fat), 37 mg chol., 471 mg sodium, 27 g carb., 5 g dietary fiber, 14 g protein.

slowcooker lowfat

italian wild rice soup

prep: 25 minutes **slow cook:** 7 to 8 hours (low) or 3½ to 4 hours (high)
makes: 8 servings

This twist on traditional wild rice soup, simmered in a slow cooker, uses ground pork, Italian seasoning, and fresh spinach.

1 pound ground pork
4 cups water
2 14.5-ounce cans reduced-sodium beef broth
1 14.5-ounce can no-salt-added diced tomatoes with basil, garlic, and oregano, undrained
1 6-ounce can tomato paste
1 cup chopped onion (1 large)
¾ cup wild rice, rinsed and drained
6 cloves garlic, minced
2 tablespoons Italian seasoning, crushed
1½ teaspoons paprika
1 teaspoon fennel seeds
½ teaspoon ground black pepper
¼ teaspoon salt
¼ teaspoon crushed red pepper flakes
1 9-ounce package fresh spinach, chopped
½ cup finely shredded Parmesan cheese (2 ounces)

1 In a large skillet cook pork over medium heat until no longer pink, using a wooden spoon to break up meat as it cooks. Drain fat.

2 In a 4- to 6-quart slow cooker combine cooked pork, the water, broth, undrained tomatoes, tomato paste, onion, wild rice, garlic, Italian seasoning, paprika, fennel seeds, black pepper, salt, and red pepper flakes.

3 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.

4 Top each serving with cheese. Stir spinach into soup.

nutrition facts per serving: 272 cal., 11 g total fat (5 g sat. fat), 45 mg chol., 632 mg sodium, 24 g carb., 6 g dietary fiber, 20 g protein.

five-spice pork soup

prep: 35 minutes **slow cook:** 6 to 7 hours (low) or 3 to 3½ hours (high) + 20 minutes (high)
makes: 8 servings

Five-spice powder infuses distinctive flavor in this Oriental pork and shredded broccoli soup. The spice blend often includes star anise, cloves, Szechuan peppercorns, and either ginger or cardamom.

1 2-pound boneless pork top loin roast (single loin)
1 teaspoon five-spice powder
¼ teaspoon ground black pepper
2 tablespoons vegetable oil
½ cup chopped onion (1 medium)
2 14.5-ounce cans reduced-sodium chicken broth
2½ cups water
¼ cup reduced-sodium soy sauce
¼ cup fish sauce
1 tablespoon rice vinegar
1 tablespoon grated fresh ginger
1 small jalapeño pepper, seeded and finely chopped*
2 ounces rice sticks, broken
3 cups packaged shredded broccoli (broccoli slaw mix)
Snipped fresh cilantro
Lime wedges

1 Trim fat from meat. Cut meat into 1-inch pieces. Sprinkle meat with five-spice powder and black pepper. In a large skillet cook meat, half at a time, in hot oil over medium-high heat until brown. Transfer meat to a 4- to 5-quart slow cooker, reserving drippings in skillet.

2 Add onion to the reserved drippings; cook and stir until tender. Transfer onion to cooker. Stir broth, the water, soy sauce, fish sauce, vinegar, ginger, and chile pepper into mixture in cooker.

3 Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.

4 Cook rice sticks according to package directions; drain.

5 Skim fat from cooking liquid. If using low-heat setting, turn to high-heat setting. Stir in cooked rice sticks and broccoli slaw. Cover and cook for 20 to 30 minutes more or until heated through. Sprinkle each serving with cilantro. Serve with lime wedges.

nutrition facts per serving: 272 cal., 12 g total fat (2 g sat. fat), 72 mg chol., 1335 mg sodium, 11 g carb., 1 g dietary fiber, 27 g protein.

***note:** See tip on handling chile peppers.

lowfat

sweet potato–black bean stew

prep: 25 minutes **cook:** 15 minutes
makes: 6 to 8 servings

Aromatic spices and citrus punch up the flavor of this Southwestern-style stew, making it a new favorite one-pot meal for meatless nights. Serve it with corn bread.

1 tablespoon canola oil
2 medium sweet potatoes, peeled and cut into 1-inch pieces
1 medium red sweet pepper, seeded and cut into ½-inch pieces
½ cup coarsely chopped onion (1 medium)
1 jalapeño pepper, seeded and chopped*
1 clove garlic, minced
1 tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon cayenne pepper
3 cups vegetable broth
1 14.5-ounce can black beans, rinsed and drained
1 14.5-ounce can diced tomatoes, undrained
1 cup frozen whole-kernel corn
¼ cup snipped fresh cilantro
¼ cup lime juice
Salt
Ground black pepper
Shredded cheddar cheese

1 In a large Dutch oven heat oil over medium-high heat. Add sweet potatoes, sweet pepper, onion, chile pepper, and

garlic; cook about 4 minutes or until sweet pepper and onion are tender, stirring occasionally.

2 Stir in chili powder, cumin, and cayenne pepper. Reduce heat to medium. Cook, covered, for 7 to 8 minutes or until sweet potatoes are tender, stirring occasionally.

3 Add broth, beans, and undrained tomatoes. Bring to boiling, stirring occasionally. Stir in frozen corn; reduce heat. Simmer, uncovered, for 15 minutes.

4 Stir in cilantro and lime juice. Season to taste with salt and black pepper. Top each serving with cheese.

nutrition facts per serving: 231 cal., 8 g total fat (3 g sat. fat), 15 mg chol., 708 mg sodium, 34 g carb., 7 g dietary fiber, 11 g protein.

***note:** See tip on handling chile peppers.

slowcooker lowfat

red bean, chicken, and sweet potato stew

prep: 20 minutes **slow cook:** 10 to 12 hours (low) or 5 to 6 hours (high)
makes: 6 servings

The peanut butter base of this Cajun-seasoned soup gives it a pleasantly nutty flavor.

2 15-ounce cans no-salt-added red beans, rinsed and drained
4 cups peeled, cubed sweet potatoes (about 1 pound)
8 ounces boneless chicken breasts, cut into bite-size pieces
8 ounces boneless chicken thighs, cut into bite-size pieces
2 14.5-ounce cans reduced-sodium chicken broth
2½ cups chopped green sweet pepper (2 large)
1 14.5-ounce can no-salt-added diced tomatoes, undrained
1 10-ounce can tomatoes with chopped green chiles, undrained
1 tablespoon Cajun seasoning
2 cloves garlic, minced
¼ cup creamy peanut butter
Snipped fresh cilantro
Chopped peanuts (optional)

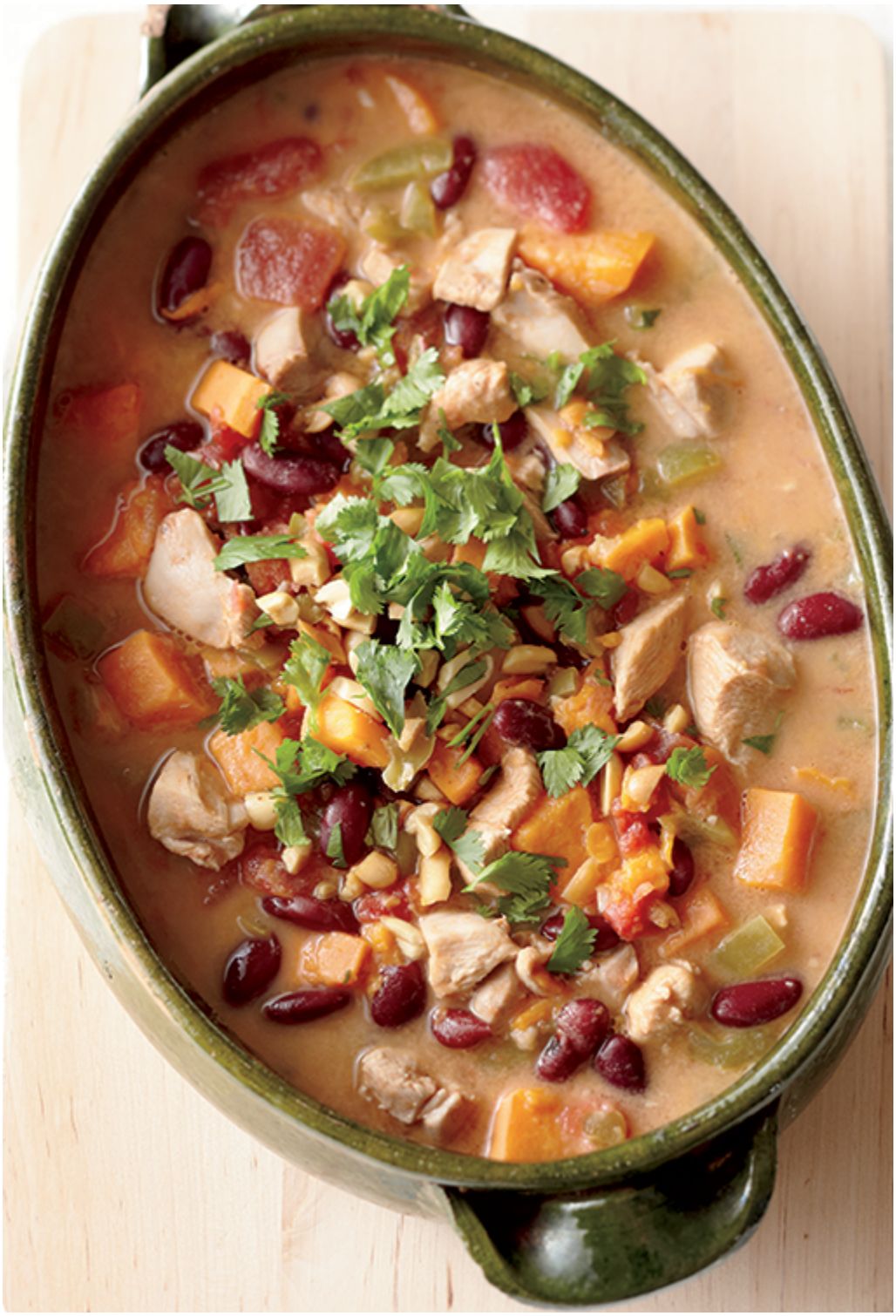
1 In a 5- to 6-quart slow cooker combine beans, sweet potatoes, chicken, broth, sweet pepper, undrained diced tomatoes, undrained tomatoes and green chiles, Cajun seasoning, and garlic.

2 Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours.

3 Remove 1 cup hot liquid from cooker. Whisk in peanut butter. Stir mixture into cooker.

4 Top each serving with cilantro and, if desired, peanuts.

nutrition facts per serving: 366 cal., 7 g total fat (2 g sat. fat), 53 mg chol., 830 mg sodium, 46 g carb., 16 g dietary fiber, 32 g protein.



chicken–matzo ball soup

prep: 1 hour **cook:** 2 hours
makes: 10 servings

Matzo balls, also called knaidlach, are traditionally served in chicken soup during Jewish Passover. For a nonkosher version of this soup, use softened butter in place of the chicken fat (schmaltz) in the matzo balls.

1 4- to 5- pound roasting chicken
2½ cups water
1½ cups sliced celery (3 stalks)
1 cup chopped onion (1 large)
½ cup sliced leek*
1 tablespoon salt
¼ teaspoon ground black pepper
1 cup sliced carrot (2 medium)
1 cup peeled, sliced parsnip (2 medium)
1 tablespoon snipped fresh parsley
1 tablespoon snipped fresh dill or ¼ teaspoon dried dill weed (optional)
1 recipe Matzo Balls

1 Place chicken in an 8- to 10-quart stockpot. Add the water, celery, onion, leek, salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 1½ hours. Add carrot and parsnip. Simmer, covered, about 30 minutes more or until chicken is no longer pink (180°F on an instant-read thermometer inserted into the thickest part of thigh without touching bone) and vegetables are tender.

2 Remove chicken from pot. When cool enough to handle, remove and discard skin from chicken. Pull meat from bones; discard bones. Chop meat, reserving 3 cups (cover and chill or freeze any remaining chopped chicken for another use).

3 Using a slotted spoon, remove vegetables from broth; set aside. Strain broth through two layers of 100-percent-cotton cheesecloth placed in a colander; discard solids. Skim fat from broth. Return broth, vegetables, and reserved chicken to pot. Add parsley and, if desired, dill; heat through. Serve soup with Matzo Balls.

nutrition facts per serving: 276 cal., 14 g total fat (4 g sat. fat), 127 mg chol., 451 mg sodium, 16 g carb., 2 g dietary fiber, 20 g protein.

***note:** See tip on cleaning leeks.

matzo balls: In a mixing bowl combine 1 cup matzo meal, 1 teaspoon salt, and pinch ground black pepper. Beat in 4 lightly beaten eggs and ¼ cup chicken fat (schmaltz) until well blended. Stir in ¼ cup carbonated water. Cover and chill for at least 2 hours. Using wet hands, shape dough into 1-inch balls. Carefully drop dough into a large pot of gently boiling salted water. Simmer, covered, about 30 minutes or until Matzo Balls are light and cooked all the way through. (Do not lift cover during cooking.) Using a slotted spoon, carefully remove matzo balls. Makes about 30 balls.

parmesan-pesto chicken noodle soup

start to finish: 35 minutes
makes: 4 servings

Fresh, aromatic basil pesto and Parmesan cheese add Italian flair to the crisp cheese toasts that accompany this simple, soul-soothing soup.

4½ cups reduced-sodium chicken broth
1 cup chopped onion (1 large)
1 cup sliced carrot (2 medium)
2 cloves garlic, minced
1 bay leaf
2 teaspoons Italian seasoning
¼ teaspoon ground black pepper
1½ cups dried shell pasta
1 small zucchini, halved lengthwise and sliced
2 cups bite-size pieces cooked chicken or turkey
4 ½-inch-thick slices Italian bread
1 tablespoon basil pesto
1 tablespoon finely shredded Parmesan cheese

1 In a large saucepan combine broth, onion, carrot, garlic, bay leaf, Italian seasoning, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes.

2 Stir in pasta and zucchini. Return to boiling; reduce heat. Simmer, covered, for 8 to 10 minutes or until pasta is tender but still firm and vegetables are just tender. Discard bay leaf. Stir in chicken; heat through.

3 Meanwhile, preheat broiler. Spread bread slices with pesto. Sprinkle each slice with cheese. Place bread, spread sides up, on a baking sheet. Broil 3 to 4 inches from heat about 2 minutes or until cheese is melted. Serve soup with toasted bread.

nutrition facts per serving: 599 cal., 19 g total fat (5 g sat. fat), 75 mg chol., 2026 mg sodium, 59 g carb., 5 g dietary fiber, 46 g protein.

chicken–butternut squash soup

start to finish: 45 minutes **oven:** at 425°F/350°F
makes: 6 servings

Warm your family with this delicious curry-seasoned soup. Oven-roasting the squash and onions contributes to the flavor richness. If your family prefers small pieces of chicken, remove meat from bone, chop in bite-size chunks, and stir into the soup.

- 1¼ pounds butternut squash, seeded, peeled, and cut into ¾-inch pieces
- 1 red onion, cut into ½-inch wedges
- 1 tablespoon curry powder
- 1 tablespoon olive oil
- 3 14.5-ounce cans reduced-sodium chicken broth
- 1 15-ounce can garbanzo beans (chickpeas), rinsed and drained
- ⅓ cup dried apricots, snipped
- ½ cup chopped walnuts
- 1 teaspoon olive oil
- ¼ teaspoon grated or ground nutmeg
- 1 2- to 2½-pound deli-roasted chicken, cut up
- Fresh cilantro leaves

1 Preheat oven to 425°F. In a shallow roasting pan combine squash, red onion, and curry powder. Drizzle with 1 tablespoon oil; toss gently to coat. Spread vegetables in a single layer. Roast, uncovered, about 20 minutes or until squash is tender. Reduce oven temperature to 350°F.

2 In a 4-quart Dutch oven combine roasted vegetables, broth, beans, and dried apricots. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes; cool slightly. Transfer vegetable mixture, half at a time, to a food processor or blender. Cover and process or blend until smooth. Return pureed mixture to Dutch oven; heat through.

3 Meanwhile, in a small bowl combine walnuts, 1 teaspoon oil, and nutmeg; toss gently to coat. Spread nuts on an ungreased baking sheet. Bake about 7 minutes or until golden and toasted. If chicken is not warm, reheat according to package directions.

4 Top each serving with chicken, walnuts, and cilantro.

nutrition facts per serving: 577 cal., 35 g total fat (9 g sat. fat), 167 mg chol., 1905 mg sodium, 30 g carb., 6 g dietary fiber, 44 g protein.

slowcooker lowfat

primavera chicken and vegetable soup

prep: 15 minutes **slow cook:** 7 to 8 hours (low) or 3½ to 4 hours (high) + 30 minutes (high)
makes: 4 servings

A medley of fresh, savory vegetables and fragrant herbs mingle in the slow cooker to create a quintessential springtime soup.

2 whole chicken legs (drumstick and thigh) (1¼ pounds total), skinned
1 32-ounce carton chicken broth
1 cup coarsely chopped carrot (2 medium)
½ cup sliced celery (1 stalk)
½ cup dry white wine or chicken broth
3 cloves garlic, minced
½ teaspoon dried thyme, crushed
½ teaspoon ground sage
¼ teaspoon dried rosemary, crushed
¼ teaspoon ground black pepper
1 cup asparagus spears cut into 1-inch pieces (8 ounces)
½ cup frozen peas
¼ cup sliced green onion (2)
Coarsely snipped fresh parsley (optional)

1 Place chicken in a 3½- or 4-quart slow cooker. Add broth, carrot, celery, wine, garlic, thyme, sage, rosemary, and pepper. Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.

2 Using tongs, transfer chicken to a platter. When chicken is cool enough to handle, remove meat from bones; discard bones. Shred chicken; return to cooker. If using low-heat setting, turn to high-heat setting.

3 Stir in asparagus, frozen peas, and green onion. Cover and cook for 30 minutes more or until heated through. If desired, sprinkle each serving with parsley.

nutrition facts per serving: 250 cal., 6 g total fat (1 g sat. fat), 113 mg chol., 1105 mg sodium, 11 g carb., 3 g dietary fiber, 33 g protein.

lowfat

mexican chicken-tortilla soup

prep: 25 minutes **bake:** 10 minutes **oven:** 375°F **cook:** 40 minutes
makes: 4 servings

There's no need to head to a Mexican restaurant when you can have this classic soup on hand. Cilantro, an assertive herb used widely in Mexican recipes, brightens the flavors, while crisp oven-baked tortilla strips form a fun topper.

2 medium chicken breast halves (about 1¼ pounds total)
1 14-ounce can reduced-sodium chicken broth
1¾ cups water
½ cup chopped onion (1 medium)
1 clove garlic, minced
½ teaspoon ground cumin
1 tablespoon vegetable oil
1 14.5-ounce can no-salt-added diced tomatoes, undrained
1 8-ounce can tomato sauce
1 4-ounce can whole green chiles, rinsed, seeded, and cut into thin bite-size strips
¼ cup snipped fresh cilantro
1 tablespoon snipped fresh oregano or 1 teaspoon dried oregano, crushed
4 6-inch corn tortillas
½ cup shredded cheddar or Monterey Jack cheese (2 ounces)

1 In a large saucepan or pot combine chicken, broth, and the water. Bring to boiling; reduce heat. Simmer, covered, about 15 minutes or until chicken is tender and no longer pink. Remove chicken. Set aside to cool. When chicken is cool enough to handle, remove and discard skin and bones. Finely shred chicken; set aside. Strain broth. Skim fat from broth; set aside.

2 In the same saucepan cook onion, garlic, and cumin in hot oil until onion is tender. Stir in strained both, undrained tomatoes, tomato sauce, chiles, cilantro, and oregano. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes. Stir in shredded chicken; heat through.

3 Meanwhile, preheat oven to 375°F. Cut tortillas in half. Cut each half crosswise into ½-inch-wide strips. Place tortilla strips on a baking sheet. Bake about 10 minutes or until crisp.

4 Sprinkle each serving with shredded cheese and top with tortilla strips. Serve immediately.

nutrition facts per serving: 313 cal., 11 g total fat (4 g sat. fat), 71 mg chol., 836 mg sodium, 24 g carb., 5 g dietary fiber, 30 g protein.

slowcooker lowfat

chicken-and-apple curry soup

prep: 25 minutes **slow cook:** 6 to 7 hours (low) or 3 to 3½ hours (high) + 10 minutes (high)
makes: 6 servings

Because they hold their shape well, Golden Delicious, Granny Smith, Rome, Jonathan, or Newtown Pippin are good apple options for this soup.

1½ cups chopped, unpeeled apples
1 cup chopped celery (2 stalks)
1 cup chopped carrot (2 medium)
½ cup chopped onion (1 medium)
2 14.5-ounce cans chicken broth
1 cup apple juice
2 tablespoons quick-cooking tapioca, crushed
2 teaspoons curry powder
½ teaspoon salt
½ teaspoon dried thyme, crushed
1 pound cubed cooked chicken breast
½ cup half-and-half or light cream
2 cups hot cooked rice
Thinly sliced apple (optional)
Fresh thyme sprigs (optional)

1 In a 3½- or 4-quart slow cooker combine chopped apples, celery, carrot, and onion. Stir in broth, apple juice, tapioca, curry powder, salt, and dried thyme.

2 Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.

3 If using low-heat setting, turn to high-heat setting. Stir in chicken and half-and-half. Cover and cook about 10 minutes more or until heated through.

4 Serve soup with rice. If desired, garnish each serving with apple slices and thyme sprigs.

nutrition facts per serving: 293 cal., 6 g total fat (2 g sat. fat), 73 mg chol., 817 mg sodium, 32 g carb., 2 g dietary fiber, 27 g protein.

slowcooker lowfat

chicken, barley, and leek stew

prep: 25 minutes **slow cook:** 4 to 5 hours (low) or 2 to 2½ hours (high)
makes: 6 servings

Leeks and carrots add a fresh-from-the-garden note to chewy barley and tender chicken in this satisfying stew.

1 pound skinless, boneless chicken thighs, trimmed and cut into 1-inch pieces
1 tablespoon olive oil
1 49-ounce can reduced-sodium chicken broth
1 cup regular barley (not quick-cooking)
1 cup sliced leek (3 medium)*
1 cup thinly sliced carrot (2 medium)
1½ teaspoons dried basil or Italian seasoning, crushed
¼ teaspoon cracked black pepper
Slivered fresh basil or snipped fresh parsley (optional)

1 In a large skillet cook chicken in hot oil until brown on all sides. In a 4- to 5-quart slow cooker combine chicken, broth, barley, leek, carrot, dried basil, and pepper.

2 Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2½ hours or until barley is tender. If desired, sprinkle with fresh basil or parsley before serving.

nutrition facts per serving: 253 cal., 6 g total fat (1 g sat. fat), 60 mg chol., 622 mg sodium, 28 g carb., 6 g dietary fiber, 22 g protein.

***note:** See tip on cleaning leeks.

herb math

What do you do if a recipe calls for fresh herbs and you have only dried on hand? As a general rule, use 1 teaspoon dried herb for 1 tablespoon fresh. To retain peak flavor, keep dried herbs in an airtight container in a cupboard away from the oven. Properly stored, they should keep up to a year.

slowcooker lowfat

mediterranean kale and cannellini stew with farro

prep: 20 minutes **slow cook:** 2 hours (high) + 1 hour (high)
makes: 6 servings

The fire-roasted tomatoes add a smoky undertone to this satisfying Italian soup, but if you can't find them, feel free to use regular.

4 cups reduced-sodium vegetable broth
1 14.5-ounce can no-salt-added fire-roasted tomatoes, undrained
1 cup farro, rinsed
1 cup coarsely chopped onion (1 large)
2 medium carrots, halved lengthwise and thinly sliced crosswise
1 cup coarsely chopped celery (2 stalks)
4 cloves garlic, minced
½ teaspoon crushed red pepper flakes
¼ teaspoon salt
4 cups coarsely chopped kale or Swiss chard
1 15-ounce can no-salt-added cannellini (white kidney) beans, rinsed and drained
3 tablespoons lemon juice
½ cup crumbled feta cheese (2 ounces)
Snipped fresh basil or parsley

1 In a 3½- or 4-quart slow cooker combine broth, tomatoes, farro, onion, carrots, celery, garlic, red pepper flakes, and salt.

2 Cover and cook on high-heat setting about 2 hours or until farro is tender but still chewy. Stir in kale, beans, and lemon juice. Cover and cook for 1 hour more.

3 Serve with cheese and basil.

nutrition facts per serving: 274 cal., 4 g total fat (2 g sat. fat), 11 mg chol., 691 mg sodium, 46 g carb., 9 g dietary fiber, 14 g protein.

smoked turkey and corn chowder

start to finish: 20 minutes
makes: 4 servings

A hint of smokiness provided by the turkey breast adds an upscale touch to this creamy chowder.

1 8-ounce tub cream cheese spread with chives and onions
2 cups milk
1 14.75-ounce can cream-style corn
1½ cups chopped cooked smoked turkey breast (about 8 ounces)
1 cup frozen peas
Ground black pepper

In a medium saucepan, heat cream cheese over medium heat until softened. Add milk and corn, stirring until combined. Stir in turkey and peas; heat through. Season to taste with pepper.

nutrition facts per serving: 397 cal., 23 g total fat (15 g sat. fat), 88 mg chol., 1159 mg sodium, 27 g carb., 3 g dietary fiber, 19 g protein.

lowfat

asian chicken and shrimp soup

start to finish: 45 minutes
makes: 6 to 8 servings

A blend of crunchy vegetables—bean sprouts, broccoli, and straw mushrooms—pack flavor and texture in this easy-to-make and very addictive soup.

2 small chicken breast halves (12 ounces total)
2 cups water
4 cups chicken broth
1 tablespoon soy sauce
8 ounces small shrimp, peeled and deveined
8 ounces fresh bean sprouts
1 cup broccoli florets
½ 15-ounce jar straw mushrooms or one 8-ounce can mushrooms, drained
½ cup chopped red and/or green sweet pepper
4 green onions, diagonally sliced in 1-inch pieces
Ground black pepper

1 In a 4-quart Dutch oven combine chicken and the water. Bring to boiling; reduce heat. Simmer, covered, for 20 to 25 minutes or until no longer pink. Remove chicken from pot. When cool enough to handle, remove and discard skin from chicken. Pull meat from bones; discard bones. Chop meat. Strain cooking liquid. Wipe out Dutch oven; add strained liquid. Add chicken broth.

2 Bring to boiling; add chicken, soy sauce, shrimp, bean sprouts, broccoli, mushrooms, sweet pepper, and green onions. Return to boiling. Cook, uncovered, 5 minutes. Season to taste with black pepper.

nutrition facts per serving: 152 cal., 3 g total fat (1 g sat. fat), 76 mg chol., 849 mg sodium, 7 g carb., 2 g dietary fiber, 26 g protein.

lowfat

pasta e fagioli

prep: 35 minutes **cook:** 20 minutes
makes: 8 servings

Every spoonful of this company-special soup is packed with colorful veggies, whole-grain pasta, and cannellini beans.

1 tablespoon olive oil
2 ounces prosciutto or turkey bacon, chopped
2 cups chopped onion (2 large)
½ cup chopped celery (1 stalk)
½ cup chopped carrot (1 medium)
2 tablespoons bottled minced garlic
1 tablespoon dried oregano, crushed
1 teaspoon crushed red pepper flakes
2 14-ounce cans reduced-sodium chicken broth
1 28-ounce can no-salt-added diced tomatoes, undrained
1 cup medium whole-grain pasta shells
2 15-ounce cans no-salt-added cannellini (white kidney) beans, rinsed and drained
½ cup snipped fresh parsley
2 tablespoons lemon juice
¼ cup finely shredded Parmesan cheese (1 ounce)

1 In a Dutch oven heat oil over medium-high heat. Add prosciutto; cook for 2 to 3 minutes or until crisp. Using a slotted spoon, transfer prosciutto to paper towels; drain. Set aside.

2 Add onion, celery, carrot, and garlic to Dutch oven; cook over medium heat for 3 to 4 minutes or until softened,

stirring frequently. Stir in oregano and red pepper flakes; cook and stir for 1 minute. Add broth, undrained tomatoes, and pasta shells. Bring to boiling; reduce heat. Simmer, uncovered, about 15 minutes or until pasta is tender.

3 Meanwhile, use a fork to mash one can of the beans. Stir all beans into pasta mixture. Simmer about 5 minutes or until heated through.

4 Stir in parsley and lemon juice. Sprinkle each serving with Parmesan and the prosciutto.

nutrition facts per serving: 235 cal., 5 g total fat (1 g sat. fat), 2 mg chol., 490 mg sodium, 35 g carb., 9 g dietary fiber, 13 g protein.

pumpkin, barley, and sage soup

start to finish: 30 minutes
makes: 4 servings

When purchasing pumpkin, check labels carefully, making sure you buy pure pumpkin —and not pumpkin pie filling.

1 tablespoon vegetable oil
8 ounces cooked andouille or smoked sausage links, chopped
⅓ cup chopped onion (1 small)
1 tablespoon snipped fresh sage
4 cups water
1 cup quick-cooking barley
1 teaspoon instant chicken bouillon granules
1 15-ounce can pumpkin
2 tablespoons maple syrup
1 tablespoon cider vinegar
Salt
Ground black pepper

1 In a 4-quart Dutch oven heat oil over medium heat. Add sausage, onion, and sage; cook for 3 minutes, stirring often. Add the water, barley, and bouillon granules. Bring to boiling; reduce heat. Simmer, covered, for 12 minutes, stirring occasionally.

2 Stir in pumpkin, maple syrup, and vinegar; heat through. Season to taste with salt and pepper.

nutrition facts per serving: 439 cal., 21 g total fat (6 g sat. fat), 35 mg chol., 832 mg sodium, 51 g carb., 11 g dietary fiber,

14 g protein.

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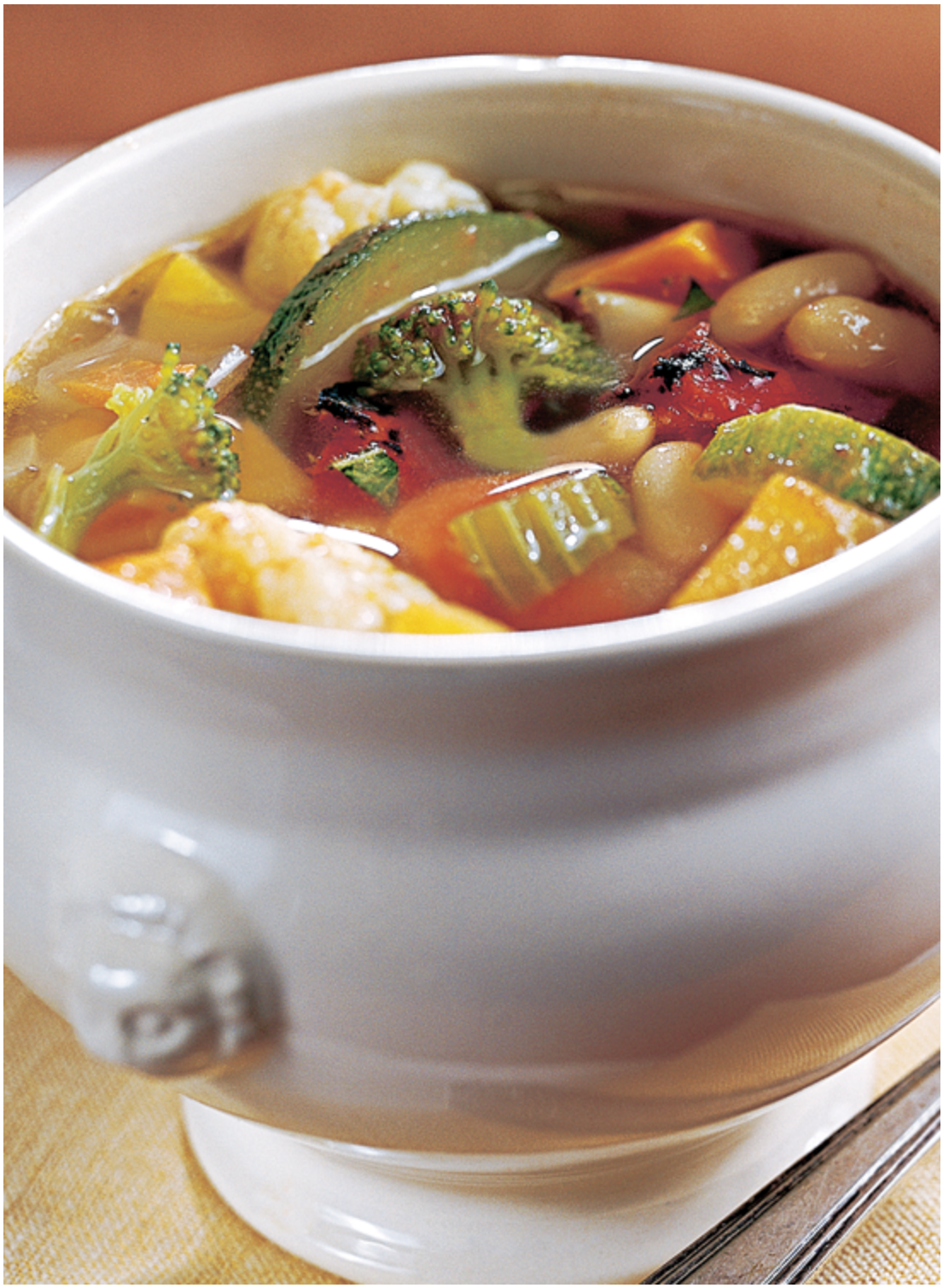
all kinds of veggies

Warmer weather brings bumper crops of veggies in all shapes and sizes—from asparagus to zucchini. In this collection of lighter soups, cooks will discover a bounty of fresh flavor in chunky broth soups, hearty purees, and elegant cream soups.



Fennel and Leek Soup
Roasted Tomato and Vegetable Soup
Butternut Squash and Carrot Soup
Versatile Vegetable Soup
Roasted Garlic and Red Sweet Pepper Soup
Tomato-Garlic Soup with Fennel
Cream of Roasted Fennel Soup
Provençal Vegetable Stew
Sweet Onion Soup with Porcini Mushrooms
Ginger-Carrot Soup
Hearty Garlic and Snap Pea Soup
Curried Vegetable Soup
Creamy Potato and Asparagus Soup
Potato and Roasted Corn Chowder In Bread Bowls
Green Bean Soup
Baby Vegetable Minestrone
Creamy Pumpkin Soup
A-to-Z Vegetable Soup
Vegetable Pasta Soup
Sweet Potato and Rosemary Soup
Sweet Potato Soup with Curried Cheese Crisps
Roasted Cauliflower Soup
Mixed Tomato Soup
Savory Vegetable Stew
Farmer’s Market Vegetable Soup

Butternut Squash Bisque
Garden Bounty Tomato Soup
Pumpkin-Ginger Soup
Creamy Broccoli-Cauliflower Soup
Beet and Apple Soup with Horseradish Cream
New England Sweet Potato Soup

fennel and leek soup

prep: 25 minutes **cook:** 42 minutes
makes: 6 servings

Pureed potatoes are the perfect backdrop for fennel's licorice-like character in this soup. Choose firm, greenish white fennel bulbs with no soft or brown spots. If the fronds are still attached to the bulbs, they should be bright green with no signs of wilting.

1 tablespoon butter
1 tablespoon olive oil
3 fennel bulbs, trimmed, cored, and thinly sliced
2 leeks, sliced*
2 tablespoons dry sherry, vermouth, or white wine
3 14.5-ounce cans vegetable broth or chicken broth
1 pound russet potatoes, peeled and cut into 1-inch pieces
1 teaspoon snipped fresh thyme or ½ teaspoon dried thyme, crushed
Salt
Cracked black pepper
Sautéed sliced leek (optional)

1 In a 4-quart Dutch oven heat butter and oil over medium heat. Add fennel and 2 sliced leeks; cook about 10 minutes or until crisp-tender, stirring occasionally.

2 Carefully add sherry; cook and stir about 2 minutes or until sherry is nearly evaporated. Carefully add broth and potatoes. Bring to boiling; reduce heat. Simmer, covered, about 30 minutes or until vegetables are very tender; cool slightly.

3 Transfer fennel mixture in batches to a blender or food processor. Cover and blend or process until smooth. Return pureed mixture to Dutch oven. Stir in thyme; heat through. Season to taste with salt.

4 Sprinkle each sercing with pepper and, if desired, garnish with additional sautéed leeks.

nutrition facts per serving: 176 cal., 7 g total fat (3 g sat. fat), 8 mg chol., 979 mg sodium, 28 g carb., 7 g dietary fiber, 4 g protein.

***note:** See tip on cleaning leeks.

slowcooker lowfat

roasted tomato and vegetable soup

prep: 30 minutes **cook:** 25 minutes
makes: 8 servings

Fire-roasted tomatoes give a toasty flavor to this mélange of fresh vegetables and cannellini beans. Aromatic oregano heightens the flavor of the broth.

1 tablespoon olive oil
½ cup chopped onion (1 medium)
½ cup sliced celery (1 stalk)
½ cup chopped carrot (1 medium)
2 cloves garlic, minced
3 14-ounce cans reduced-sodium chicken broth
2 cups peeled, seeded, and chopped butternut squash
1 14.5-ounce can fire-roasted diced tomatoes or one 14.5-ounce can diced tomatoes, undrained
1 15- to 19-ounce can cannellini (white kidney) beans, rinsed and drained
1 small zucchini, halved lengthwise and sliced
1 cup small broccoli and/or cauliflower florets
1 tablespoon snipped fresh oregano or 2 teaspoons dried oregano, crushed
¼ teaspoon salt
¼ teaspoon ground black pepper
Freshly shredded Parmesan cheese (optional)

1 In a 4-quart Dutch oven heat oil over medium heat. Add onion, celery, carrot, and garlic; cook for 5 minutes.

2 Stir in broth, squash, and undrained tomatoes. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes. Add beans, zucchini, broccoli, oregano, salt, and pepper; cook for 5 minutes more. If desired, sprinkle each serving with Parmesan cheese.

nutrition facts per serving: 77 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 641 mg sodium, 16 g carb., 4 g dietary fiber, 6 g protein.

slow cooker directions: Omit olive oil. In a 3½- or 4-quart slow cooker combine onion, celery, carrot, garlic, broth, squash, undrained tomatoes, beans, and dried oregano (if using). Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours. If using low-heat setting, turn cooker to high-heat setting. Add zucchini, broccoli, fresh oregano (if using), salt, and pepper. Cover and cook 30 minutes more. Serve as directed.

lowfat

butternut squash and carrot soup

prep: 15 minutes **cook:** 35 minutes
makes: 6 servings

Butternut squash has a delicately sweet flavor that marries nicely with carrots and oniony leeks. Top each serving of pureed soup with toasted pumpkin seeds for an added treat.

1 tablespoon butter or margarine
3 cups peeled, seeded, and diced butternut squash (about 1 small squash)
2 cups thinly sliced carrot (4 medium carrots)
¾ cup thinly sliced leek or chopped onion*
2 14.5-ounce cans reduced-sodium chicken broth
¼ teaspoon ground white pepper
¼ teaspoon ground nutmeg
¼ cup half-and-half or light cream
Fresh tarragon sprigs (optional)

1 Melt butter in a large saucepan over medium heat. Add squash, carrot, and leek; cook, covered, for 8 minutes, stirring occasionally. Add broth. Bring to boiling; reduce heat. Simmer, covered, for 25 minutes or until vegetables are very tender.

2 Transfer squash mixture, one-third at a time, to a food processor or blender. Cover and process or blend until almost smooth. Return pureed mixture to saucepan. Add white pepper and nutmeg. Bring just to boiling. Add half-

and-half; heat through. If desired, garnish each serving with fresh tarragon.

nutrition facts per serving: 103 cal., 4 g total fat (2 g sat. fat), 9 mg chol., 447 mg sodium, 16 g carb., 4 g dietary fiber, 3 g protein.

***note:** See tip on cleaning leeks.

lowfat

versatile vegetable soup

prep: 40 minutes **cook:** 25 minutes
makes: 12 servings

The ultimate what's-on-hand recipe, vegetable soup adapts to Southwestern or Asian influences with equal ease.

2 leeks, thinly sliced (white part only)*
1½ teaspoons bottled minced garlic
1 teaspoon olive oil
8 cups water
1 14.5-ounce can stewed tomatoes, undrained
2 cups sliced celery (4 stalks)
1½ cups thinly sliced carrot (3 medium)
1 medium red apple, cored and coarsely chopped
1 medium sweet potato, peeled and cut into ½-inch cubes
4 teaspoons instant vegetable bouillon granules or vegetable bouillon cubes (to make 4 cups broth)
2 cups shredded cabbage
1 cup cut fresh green beans
¼ teaspoon salt
¼ teaspoon ground black pepper
½ cup snipped fresh parsley
2 tablespoons lemon juice

In a 4-quart Dutch oven cook leeks and garlic in hot oil about 3 minutes or until nearly tender. Carefully add the water, undrained tomatoes, celery, carrot, apple, sweet potato, and bouillon. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes. Add cabbage, green beans, salt,

and pepper. Return to boiling; reduce heat. Simmer, covered, about 10 minutes more or until vegetables are tender. Stir in parsley and lemon juice.

nutrition facts per serving: 62 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 476 mg sodium, 13 g carb., 3 g dietary fiber, 1 g protein.

***note:** See tip on cleaning leeks.

tex-mex chicken-vegetable soup: Prepare as directed, except add 1 teaspoon ground cumin with the leeks and garlic. Add 1 cup loose-pack frozen whole-kernel corn; 1 cup chopped cooked chicken; one 4-ounce can chopped green chiles, drained; and 3 tablespoons snipped fresh cilantro with the lemon juice. Heat through. If desired, garnish with lemon wedges and fresh cilantro sprigs.

nutrition facts per serving: 99 cal., 2 g total fat (1 g sat. fat), 10 mg chol., 514 mg sodium, 16 g carbo., 3 g dietary fiber, 5 g protein.

asian vegetable soup: Prepare as directed, except add ½ cup quick-cooking rice and ½ cup water with the cabbage. Substitute rice vinegar for the lemon juice. Add 1 cup thinly sliced fresh mushrooms and 2 green onions, thinly sliced, with the rice vinegar. Heat through. If desired, garnish with green onion slivers.

nutrition facts per serving: 80 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 477 mg sodium, 17 g carbo., 3 g dietary fiber, 2 g protein.

roasted garlic and red sweet pepper soup

prep: 1 hour **roast:** 20 minutes **oven:** at 425°F **stand:** 20 minutes
makes: 6 to 8 servings

Slow roasting of the garlic and sweet peppers in the oven adds natural sweetness to this pureed soup.

2 whole heads garlic
1 large onion, sliced
1 tablespoon snipped fresh rosemary or 1 teaspoon dried rosemary, crushed
1 tablespoon olive oil
4 large red sweet peppers, seeded and quartered lengthwise
⅓ cup firmly packed fresh parsley sprigs with stems removed
⅓ cup firmly packed fresh basil leaves
1 jalapeño pepper, seeded and chopped*
¼ teaspoon ground black pepper
¼ teaspoon crushed red pepper flakes
Dash bottled hot pepper sauce
4 cups chicken broth or chicken stock
½ cup half-and-half or light cream
Sour cream (optional)

1 Preheat oven to 425°F. Peel away the dry outer layers of skin from the garlic heads. Leave skins of the cloves intact. Cut ¼ inch off the pointed top portions to expose the individual cloves. Place the garlic heads, cut sides up, and onion slices in a small baking dish. Sprinkle rosemary over

the onion and garlic; drizzle with olive oil. Place sweet pepper quarters, skin sides up, on a foil-lined baking sheet. Roast garlic, onion, and sweet peppers, uncovered, for 20 to 25 minutes or until garlic cloves feel soft when pressed and the pepper skins are bubbly and browned.

2 Wrap pepper quarters in foil; let stand for 20 to 30 minutes or until cool enough to handle. Using a paring knife, gently pull skins off pepper quarters; discard skins. When the garlic is cool enough to handle, press garlic paste from individual cloves. Discard skins.

3 In a blender or food processor combine the garlic paste, sweet peppers, onion, parsley, basil, chile pepper, black pepper, red pepper flakes, and hot pepper sauce. Blend or process until nearly smooth. Add 1 cup of the broth; blend or process until smooth. Transfer to a large saucepan. Stir in the remaining 3 cups broth and the half-and-half. Heat over medium-low heat until warm. If desired, serve with sour cream.

nutrition facts per serving: 117 cal., 6 g total fat (2 g sat. fat), 8 mg chol., 532 mg sodium, 12 g carb., 1 g dietary fiber, 6 g protein.

***note:** See tip on handling chile peppers.

lowfat

tomato-garlic soup with fennel

prep: 45 minutes **cook:** 15 minutes
makes: 8 servings

Quick and easy to prepare, this aromatic soup tastes light but is packed with flavor. When working with the fennel, use the inner layers of the bulb, which are the most tender.

1 fennel bulb
1 tablespoon olive oil
1 tablespoon butter
1 onion, quartered and thinly sliced
10 cloves garlic, minced
1 28-ounce can diced tomatoes, undrained
1 14.5-ounce can reduced-sodium chicken broth
1 8-ounce can tomato sauce
1 cup hot-style vegetable juice or regular vegetable juice
1 teaspoon dried basil or Italian seasoning, crushed

1 Reserve some of the feathery fennel tops to garnish the soup. Cut off and discard upper stalks of fennel. Remove any wilted outer layers; cut off and discard a thin slice from fennel base. Quarter the bulb lengthwise; remove and discard core. Chop fennel.

2 In a 4-quart Dutch oven heat oil and butter over medium-high heat. Add chopped fennel, onion, and garlic; reduce heat to medium-low. Cook, covered, about 25 minutes or until onion is tender, stirring occasionally. Cook, uncovered,

over medium-high heat for 3 to 5 minutes or until onion is golden, stirring frequently.

3 Add undrained tomatoes, broth, tomato sauce, vegetable juice, and basil. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes.

4 Garnish each serving with the reserved fennel tops.

nutrition facts per serving: 94 cal., 3 g total fat (1 g sat. fat), 4 mg chol., 546 mg sodium, 14 g carb., 2 g dietary fiber, 2 g protein.

lowfat

cream of roasted fennel soup

prep: 25 minutes **roast:** 25 minutes **oven:** at 375°F
makes: 8 servings

The perfect balance of vegetable flavors in this creamy, rich soup (with just a hint of grapefruit) will have your guests positively swooning.

1 large fennel bulb (1½ to 2 pounds)
1 cup coarsely chopped onion (1 large)
2 teaspoons olive oil
½ teaspoon coarse salt
1 large russet potato, peeled and cut into ½-inch cubes
4 cups reduced-sodium chicken broth
1 cup fat-free half-and-half or evaporated fat-free milk
¾ teaspoon ground cumin
2 tablespoons grapefruit juice
Ground white pepper
1 tablespoon fennel seeds

1 Preheat oven to 375°F. Cut off and discard tough upper stalks of fennel. Reserve feathery leaves. Remove any wilted outer layers; cut off and discard a thin slice from fennel base. Cut the bulb and tender stalks into ½-inch-thick slices.

2 Arrange fennel and onion in a 13×9×2-inch baking pan. Drizzle with olive oil and sprinkle with salt. Roast for 25 minutes or until the vegetables are just tender but not brown.

3 Transfer roasted fennel and onion to a large saucepan. Add potato and broth. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes or until potatoes are tender. Cool slightly.

4 Transfer fennel mixture, one-third at a time, to a blender or food processor. Cover and blend or process until smooth. Return pureed mixture to saucepan. Stir in half-and-half, cumin, and grapefruit juice; heat through. Season to taste with white pepper.

5 Meanwhile, place fennel seeds in a small skillet over medium-high heat and toast for about 3 minutes or until lightly brown and fragrant, stirring frequently.

6 Top each serving with a length of fennel top, and sprinkle with toasted fennel seeds.

nutrition facts per serving: 77 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 479 mg sodium, 12 g carb., 2 g dietary fiber, 3 g protein.

slowcooker

provençal vegetable stew

prep: 25 minutes **slow cook:** 8 to 10 hours (low) or 4 to 5 hours (high) **bake:** 6 minutes **oven:** at 400°F
makes: 4 servings

Adding a splash of vinegar just before serving boosts the flavor of this hearty white bean and vegetable stew.

2 baby eggplants or 1 very small eggplant (about 8 ounces)
1 large zucchini, quartered lengthwise and cut into ½-inch slices
1 large yellow summer squash, quartered lengthwise and cut into ½-inch slices
1 15- to 19-ounce can cannellini (white kidney) beans or Great Northern beans, rinsed and drained
1 large tomato, chopped
2 teaspoons bottled minced garlic
¼ teaspoon dried rosemary or thyme, crushed
¼ teaspoon ground black pepper
1 tablespoon snipped fresh basil or 1 teaspoon dried basil, crushed
1½ cups low-sodium tomato juice
1 tablespoon white or regular balsamic vinegar
4½-inch slices baguette-style French bread
2 teaspoons olive oil
3 tablespoons finely shredded Parmesan cheese

1 If desired, peel eggplant. Cut eggplant into ¾-inch pieces (you should have about 3 cups).

2 In a 3½- or 4-quart slow cooker, combine eggplant, zucchini, yellow squash, beans, tomato, garlic, rosemary, pepper, and dried basil (if using). Add tomato juice.

3 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Stir in fresh basil (if using), and balsamic vinegar.

4 Meanwhile, for croutons, preheat oven to 400°F. Lightly brush bread slices with olive oil. Sprinkle with 1 tablespoon of the cheese. Place bread slices on baking sheet. Bake for 6 to 8 minutes or until toasted.

5 Top each serving with croutons and sprinkle with remaining cheese.

nutrition facts per serving: 227 cal., 5 g total fat (1 g sat. fat), 4 mg chol., 424 mg sodium, 41 g carb., 10 g dietary fiber, 12 g protein.

sweet onion soup with porcini mushrooms

prep: 30 minutes **stand:** 15 minutes **cook:** 30 minutes
makes: 6 servings

Dried porcini mushrooms add a wonderful earthy flavor to this onion soup. Look for them near other dehydrated vegetables in your supermarket's produce section or at specialty food stores.

1 ounce dried porcini mushrooms
2 cups boiling water
4 ounces pancetta
1 tablespoon butter or olive oil
1½ pounds sweet onion, such as Vidalia or Maui, sliced
4 cloves garlic, minced
1 tablespoon packed brown sugar
1 teaspoon salt
¼ cup Marsala
4 cups reduced-sodium beef broth
1 sprig fresh thyme
1 sprig fresh rosemary
1 bay leaf

1 Place mushrooms in a medium bowl. Pour the boiling water over mushrooms. Cover and let stand for 15 minutes. Meanwhile, in a 4-quart Dutch oven cook pancetta in hot butter over medium heat until lightly browned. Using a slotted spoon, remove pancetta; drain on paper towels, reserving drippings in Dutch oven. Chop pancetta; set aside.

2 Add sweet onion, garlic, brown sugar, and salt to Dutch oven; cook and stir over medium-low heat until golden, stirring occasionally.

3 Meanwhile, using a slotted spoon, remove porcini mushrooms from the liquid (do not discard liquid). Chop mushrooms; set aside. Reserve all but about ¼ cup of the mushroom liquid (discard the liquid at the bottom of the bowl, which may be gritty).

4 When the onions are golden, stir in mushrooms and Marsala wine; cook until most of the liquid has evaporated. Add reserved mushroom liquid, broth, thyme, rosemary, and bay leaf. Bring to boiling; reduce heat. Simmer, uncovered, about 30 minutes. Discard thyme and rosemary sprigs and bay leaf.

5 Remove from heat; stir in pancetta. Serve with toasted baguette.

nutrition facts per serving: 158 cal., 8 g total fat (3 g sat. fat), 18 mg chol., 1118 mg sodium, 16 g carb., 2 g dietary fiber, 6 g protein.

ginger-carrot soup

prep: 30 minutes **cook:** 50 minutes
makes: 12 servings

Sweet and juicy caramelized onions, fresh ginger, and sweet potato create this flavorful soup. The best onions to use here are the sweet varieties, such as Vidalia or Walla Walla.

2 tablespoons vegetable oil
3 cups thinly sliced onion
2 tablespoons sugar
⅛ teaspoon ground black pepper
2 tablespoons grated fresh ginger
8 carrots (about 1¼ pounds)
1 sweet potato
6 cups chicken broth
1 cup half-and-half or light cream
Salt
Ground black pepper

1 In a large skillet heat oil over medium heat. Add onion, sugar, and pepper; reduce heat to low. Cook, covered, for 30 minutes, stirring twice. Add ginger. Cook, uncovered, 20 to 30 minutes more or until onion is golden brown, stirring occasionally.

2 Meanwhile, peel carrots and sweet potato and cut in 1-inch pieces. In a large saucepan or Dutch oven combine carrots, sweet potato, and broth. Bring to boiling; reduce heat. Simmer, covered, 40 minutes or until vegetables are very tender. Add half of the caramelized onions. Cool slightly. Transfer vegetable mixture, 2 cups at a time, to a

blender or food processor. Cover and blend or process until smooth. Return mixture to saucepan. Add half-and-half; heat through. Season to taste with salt and pepper. Top each serving with remaining caramelized onions.

nutrition facts per serving: 105 cal., 5 g total fat (2 g sat. fat), 9 mg chol., 524 mg sodium, 13 g carb., 2 g dietary fiber, 2 g protein.

lowfat

hearty garlic and snap pea soup

prep: 30 minutes **cook:** 19 minutes
makes: 8 servings

The flavor of this pureed potato soup is enhanced by licorice-flavored fennel and fresh snap peas. A spoonful of yogurt and fresh fennel frond adds a flavorful finish.

4 cloves garlic or 1 or 2 bulbs spring garlic, chopped
2 tablespoons olive oil
¼ cup chopped onion
1 pound Yukon Gold potatoes, quartered
2 14-ounce cans reduced-sodium chicken broth
1¾ cups water
1 medium fennel bulb, thinly slivered (feathery tops reserved)
1½ cups sugar snap peas, trimmed
½ teaspoon salt
¼ teaspoon ground black pepper
1 tablespoon snipped fresh fennel tops
Plain yogurt (optional)
Olive oil (optional)

1 In a large saucepan cook garlic in 2 tablespoons hot oil over medium heat for 1 minute. Add onion; cook until tender. Add potatoes, broth, and the water. Bring to boiling; reduce heat. Cook, covered, 15 to 18 minutes, or until potatoes are tender. Cool soup slightly.

2 Transfer soup in batches to a food processor or blender. Cover and process or blend until smooth. Return mixture to saucepan. Add fennel and peas. Bring to boiling; reduce heat. Simmer, uncovered, for 3 minutes.

3 Stir in salt and pepper. Top with fennel tops. Spoon yogurt over and drizzle with olive oil.

nutrition facts per serving: 102 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 404 mg sodium, 15 g carb., 3 g dietary fiber, 3 g protein.

curried vegetable soup

start to finish: 20 minutes
makes: 4 servings

Curry powder adds a distinctly sweet and spicy flavor and intense color to this coconut milk–enriched soup. Sprinkling chopped fresh cilantro on top lends freshness to the soup.

3 cups cauliflower florets
1 14.5-ounce can vegetable broth or chicken broth
1 14-ounce can unsweetened coconut milk
¼ cup snipped fresh cilantro
1 tablespoon curry powder
¼ teaspoon salt
2 cups frozen baby peas and vegetables blend
Crushed red pepper flakes (optional)
Chopped fresh cilantro (optional)
Curry Pita Crisps (optional)

1 In a 4-quart Dutch oven combine cauliflower, broth, coconut milk, snipped cilantro, curry powder, and salt over high heat. Bring to boiling; reduce heat. Simmer, covered, about 10 minutes or until cauliflower is tender. Stir in frozen vegetables; heat through.

2 If desired, sprinkle each serving with red pepper flakes and cilantro and serve with Curry Pita Crisps.

nutrition facts per serving: 138 cal., 6 g total fat (4 g sat. fat), 0 mg chol., 620 mg sodium, 19 g carb., 4 g dietary fiber, 3 g protein.

curry pita crisps: Preheat broiler. Cut 2 pita bread rounds into wedges. Place on a large baking sheet. Brush both sides of wedges with 1 tablespoon olive oil and sprinkle with ¼ teaspoon curry powder. Broil 3 to 4 inches from heat for about 4 minutes or until golden, turning once halfway through broiling.

creamy potato and asparagus soup

start to finish: 30 minutes
makes: 4 servings

To trim fresh asparagus, gently bend each stalk about 2 inches from the bottom and the stalk should snap right at the point where the tender and woody parts meet. Peel any thicker stems.

1¼ pounds fresh asparagus spears, trimmed
1¼ pounds potatoes, peeled and chopped
1 12-ounce can evaporated milk
1¼ cups water
½ teaspoon salt
½ teaspoon ground black pepper
6 slices bacon
1 tablespoon honey
Toppings, such as finely shredded lemon zest, fresh parsley, coarse salt, and/or ground black pepper (optional)

1 Set aside about one-third of the asparagus. In a large saucepan combine remaining asparagus, potatoes, evaporated milk, the water, salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, about 10 minutes or until potatoes are tender; cool slightly. Transfer potato mixture, half at a time, to a blender or food processor. Cover and blend or process until smooth.

2 Meanwhile, in a large skillet cook bacon over medium heat until crisp. Remove bacon; drain on paper towels, reserving 1 tablespoon drippings in skillet. Add the reserved

asparagus to the reserved drippings. Cook for 5 to 6 minutes or until asparagus is crisp-tender, stirring occasionally.

3 Coarsely chop bacon; place on a microwave-safe pie plate. Drizzle bacon with honey; cover with vented plastic wrap. Before serving, microwave bacon on 100 percent power (high) for 30 seconds.

4 Top each serving with cooked asparagus, honeyed bacon, and, if desired, toppings.

nutrition facts per serving: 356 cal., 15 g total fat (7 g sat. fat), 41 mg chol., 673 mg sodium, 43 g carb., 4 g dietary fiber, 15 g protein.

potato and roasted corn chowder in bread bowls

prep: 25 minutes **bake:** 20 minutes **oven:** at 450°F
cook: 20 minutes
makes: 8 servings

Yukon Gold potatoes are sweeter and creamier than standard baking potatoes, making this chowder truly impressive. Reserve leftover bread from hollowing out the bread bowls for dipping in the soup.

1 16-ounce package frozen whole-kernel corn
1 pound Yukon Gold potatoes, peeled and cut into ½-inch cubes
2 tablespoons olive oil
½ cup thinly sliced leek*
2 tablespoons finely chopped shallot
4 cups chicken broth
1 teaspoon dried marjoram, crushed
1 teaspoon kosher salt or ½ teaspoon table salt
½ teaspoon ground ginger
½ teaspoon ground white pepper
3 cups half-and-half or light cream
8 individual round loaves sourdough bread

1 Preheat oven to 450°F. Thaw frozen corn and pat dry with paper towels. Line a 15×10×1-inch baking pan with foil. Lightly grease the foil. Spread corn on half of the prepared pan. In a resealable plastic bag, combine potatoes and 1 tablespoon of the oil, shaking well to coat. Spread potatoes on the other half of the prepared pan. Roast, uncovered, for

10 minutes; stir, keeping corn and potatoes separate. Continue to roast for 10 minutes more, stirring once or twice. Remove pan from oven. Set aside.

2 Transfer half of the roasted corn, about ¾ cup, to a food processor or blender. Cover and process or blend until smooth (if necessary, add a small amount of chicken broth to help mixture blend).

3 In a 4-quart Dutch oven heat remaining 1 tablespoon oil over medium-high heat. Add leek and shallot; reduce heat to medium. Cook and stir for 6 to 8 minutes or until leek is very soft and golden. Add whole corn and pureed corn; cook and stir for 1 minute. Stir in roasted potatoes, broth, marjoram, salt, ginger and white pepper. Bring to boiling; reduce heat. Simmer, covered, for 10 to 12 minutes or until potatoes are tender.

4 Add half-and-half; cook and stir till heated through. Season to taste with more salt and white pepper.

5 Hollow out sourdough loaves. To serve, spoon chowder into bread bowls.

nutrition facts per serving: 588 cal., 15 g total fat (7 g sat. fat), 33 mg chol., 1342 mg sodium, 94 g carb., 2 g dietary fiber, 20 g protein.

***note:** See tip on cleaning leeks.

green bean soup

prep: 25 minutes **cook:** 15 minutes
makes: 6 to 8 servings

The surprising use of a vanilla bean is just one of this soup's many pleasures. It also cooks in a mere 15 minutes. Store the unused half of the vanilla bean in plastic wrap, place in an airtight jar, and store in the refrigerator for up to 6 months.

2 14-ounce cans vegetable broth
½ cup chopped onion (1 medium)
½ vanilla bean, split lengthwise
3 tablespoons butter, softened
3 tablespoons all-purpose flour
1 pound thin green beans, trimmed and cut into bite-size pieces (3 to 3½ cups)
Steamed Green Beans (optional)
Herbed Sourdough Breadsticks (optional)

1 In a large saucepan bring broth, onion, and vanilla bean to boiling; reduce heat. Simmer, covered, for 10 minutes or until onion is tender. Discard vanilla bean.

2 In a small bowl stir together butter and flour. Whisk into broth mixture; cook and stir until slightly thickened and bubbly.

3 Add beans to broth mixture. Return to boiling; reduce heat. Simmer, covered, for 5 to 7 minutes more or until beans are crisp-tender. If desired, garnish each serving with Steamed Green Beans and serve with Herbed Sourdough Breadsticks.

nutrition facts per serving: 94 cal., 7 g total fat (4 g sat. fat), 16 mg chol., 607 mg sodium, 11 g carb., 3 g dietary fiber, 2 g protein.

steamed green beans: Place 8 ounces thin green beans in a steamer basket. Cover and steam over boiling water for 5 to 7 minutes or until tender.

herbed sourdough breadsticks: Preheat oven to 375°F. Cut ½ of a 12-inch sourdough baguette lengthwise into ½-inch slices. Cut into 1-inch-wide sticks. Brush cut surfaces evenly with 2 tablespoons olive oil and sprinkle with 1 teaspoon snipped fresh thyme. Place on a baking sheet. Bake for 16 minutes or until golden.

lowfat

baby vegetable minestrone

prep: 20 minutes **cook:** 25 minutes
makes: 6 servings

Baby vegetables have a milder flavor and more tender texture than their full-size counterparts. Be sure to cook them until just tender for best taste and texture.

2 teaspoons olive oil
½ cup thinly sliced baby fennel
1 medium carrot, halved lengthwise and sliced (½ cup)
2 large cloves garlic, minced
¼ teaspoon lemon pepper
2 14-ounce cans reduced-sodium chicken broth or 3½ cups homemade chicken stock
½ cup dried ditalini or other small dried pasta
6 ounces baby zucchini, halved lengthwise
6 ounces baby yellow squash, halved lengthwise
½ cup sliced green onion (4)
¼ cup fresh basil leaves, thinly sliced
6 ounces Parmigiano-Reggiano or Romano cheese, cut into 6 very thin wedges (optional)

1 In a very large saucepan heat oil over medium heat. Add fennel, carrot, garlic, and lemon pepper; cook and stir for 3 to 4 minutes or until carrot is slightly brown. Carefully stir in broth. Bring to boiling; reduce heat. Simmer, covered, about 8 minutes or until vegetables are just tender.

2 Add pasta. Simmer, covered, for 5 minutes. Add zucchini and yellow squash. Return to boiling; reduce heat. Simmer, covered, for 5 minutes more or until pasta is tender. Stir in green onion and basil.

3 If desired, place a wedge of cheese in each of six warmed bowls. Add hot soup. Let cheese soften slightly before serving.

nutrition facts per serving: 77 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 376 mg sodium, 12 g carb., 2 g dietary fiber, 4 g protein.

creamy pumpkin soup

prep: 15 minutes **cook:** 20 minutes
makes: 4 servings

This cream-based soup seasoned with thyme is wonderful with any holiday menu. The secret to making it quick is using canned pumpkin.

1 teaspoon canola oil
⅔ cup sliced leek (2 medium)*
2 14-ounce cans reduced-sodium chicken broth
1 15-ounce can pumpkin
2 teaspoons snipped fresh thyme or 1 teaspoon dried thyme, crushed
¼ teaspoon ground black pepper
1 8-ounce carton light sour cream
Tiny sprigs fresh thyme (optional)

1 In a large saucepan heat oil over medium-high heat. Add leek; cook and stir until tender. Stir in broth, pumpkin, dried thyme (if using), and pepper. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes. Cool slightly. Stir in snipped thyme (if using).

2 Transfer mixture to a blender or food processor. Cover and blend or process until smooth. Return pureed mixture to saucepan; heat through. Stir in half of the sour cream.

3 Swirl each serving with remaining sour cream. If desired, garnish with thyme sprigs.

nutrition facts per serving: 165 cal., 9 g total fat (4 g sat. fat), 20 mg chol., 108 mg sodium, 17 g carb., 3 g dietary fiber, 7 g protein.

***note:** See tip on cleaning leeks.

lowfat

a-to-z vegetable soup

start to finish: 30 minutes
makes: 4 servings

Alphabet pasta will make kids want to try this colorful soup featuring a medley of garden vegetables. Reserving half of the vegetables and stirring them into the soup just before serving creates a tantalizing contrast between tender and crisp.

1 tablespoon vegetable oil or olive oil
2 cups mixed, cut-up fresh vegetables, such as sliced small zucchini, carrots, celery, and chopped red onions
2 14.5-ounce cans reduced-sodium chicken broth
2 cloves garlic, minced
1 15-ounce can cannellini (white kidney) beans or Great Northern beans, rinsed and drained
½ cup dried alphabet-shaped pasta or tiny shells
2 tablespoons small fresh oregano leaves
1 ounce Parmesan cheese, thinly sliced (optional)

1 In a large saucepan heat oil over medium-high heat. Add mixed vegetables. Cook, uncovered, about 10 minutes or until vegetables are crisp-tender, stirring occasionally. Remove half of the vegetables; set aside.

2 Stir broth and garlic into remaining vegetables in saucepan. Bring to boiling. Stir in beans and pasta. Return to boiling; reduce heat. Simmer, covered, about 10 minutes or until pasta is just tender. Stir in oregano.

3 Top each serving with reserved vegetables. If desired, top each serving with cheese.

nutrition facts per serving: 188 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 717 mg sodium, 33 g carb., 6 g dietary fiber, 12 g protein.

lowfat

vegetable pasta soup

start to finish: 35 minutes
makes: 12 servings

Every ladleful of this colorful soup brims with onions, carrots, and celery in a soothing broth. Get a head start on preparation by purchasing preshredded carrots.

2 teaspoons olive oil
6 cloves garlic, minced
1½ cups coarsely shredded carrot (3 medium)
1 cup chopped onion (2 medium)
1 cup thinly sliced celery (2 stalks)
1 32-ounce carton reduced-sodium chicken broth
4 cups water
1½ cups dried ditalini pasta
¼ cup shaved Parmesan cheese
2 tablespoons snipped fresh parsley

1 In a 5- to 6-quart Dutch oven heat oil over medium heat. Add garlic; cook for 15 seconds. Add carrot, onion, and celery; cook for 5 to 7 minutes or until tender, stirring occasionally. Add broth and the water. Bring to boiling. Add pasta. Cook, uncovered, for 7 to 8 minutes or until pasta is tender.

2 To serve, top each serving with cheese and parsley.

nutrition facts per serving: 86 cal., 2 g total fat (0 g sat. fat), 1 mg chol., 227 mg sodium, 14 g carb., 1 g dietary fiber, 4 g protein.

lowfat

sweet potato and rosemary soup

prep: 30 minutes **cook:** 30 minutes
makes: 6 servings

Oregano and rosemary are flavorful herbal complements to a naturally sweet potato, carrot, and celery combo. Pureeing half of the mixture gives this soup extra body and richness.

1 tablespoon olive oil
⅓ cup chopped onion (1 small)
2 cloves garlic, minced
1 cup chopped carrot (2 medium)
½ cup chopped celery (1 stalk)
1 teaspoon dried thyme, crushed
1 teaspoon dried rosemary, crushed
2 pounds sweet potatoes, peeled and chopped (3½ cups)
10 ounces russet potato, peeled and chopped (1½ cups)
2 14-ounce cans reduced-sodium chicken broth

1 In a large saucepan heat oil over medium heat. Add onion and garlic; cook and stir about 5 minutes or until onion is tender. Add carrot, celery, thyme, and rosemary; cook and stir for 3 minutes more. Add potatoes and broth. Bring to boiling; reduce heat. Simmer, covered, for 25 minutes. Cool slightly.

2 Transfer half of the vegetable mixture (about 3½ cups) to a large heatproof bowl. Transfer vegetable mixture in the bowl in batches to a blender or food processor. Blend or process until smooth. Return pureed mixture to saucepan and heat through.

nutrition facts per serving: 118 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 361 mg sodium, 21 g carb., 3 g dietary fiber, 3 g protein.

sweet potato soup with curried cheese crisps

start to finish: 30 minutes
makes: 4 servings

Golden, pungent, and warmly spiced, curry powder adds a heady aroma and lush taste to this pureed soup. Create a striking presentation by topping with baked cheese crisps.

2 pounds sweet potatoes
3 green onions, coarsely chopped
1 14-ounce can vegetable or chicken broth
1 cup whipping cream
1 teaspoon curry powder
¼ teaspoon salt
¼ teaspoon ground black pepper
Nonstick cooking spray
½ cup shredded white cheddar cheese (2 ounces)
Paprika (optional)

1 Preheat oven to 425°F. Scrub potatoes and pierce in several places. Place potatoes in microwave oven. Cook on 100 percent (high) power for 10 minutes or until tender, turning once halfway through cooking. Carefully halve potatoes lengthwise. Hold with an oven mitt, then scoop flesh into a food processor. Add onions and half of the broth to food processor. Cover and process until smooth.

2 Transfer pureed potatoes to a large saucepan. Add remaining broth and cream; cook over medium-high heat,

stirring occasionally, until heated through. Stir in ¾ teaspoon of the curry powder, salt, and pepper.

3 Meanwhile, for cheese crisps, lightly coat a large baking sheet with cooking spray, or cover baking sheet with parchment paper. In a small bowl toss together cheese and remaining ¼ teaspoon curry powder. Evenly divide into 8 mounds, 2 inches apart, on baking sheet; flatten mounds slightly. Bake 4 to 5 minutes, until melted and beginning to brown around edges. Cool slightly. Remove from baking sheet with a metal spatula. If desired, sprinkle with paprika. Serve cheese crisps with soup.

nutrition facts per serving: 416 cal., 27 g total fat (17 g sat. fat), 97 mg chol., 737 mg sodium, 37 g carb., 5 g dietary fiber, 8 g protein.

roasted cauliflower soup

prep: 15 minutes **roast:** 30 minutes **oven:** at 400°F
cook: 20 minutes
makes: 8 servings

This pleasing potage begins with oven-roasted cauliflower florets. The roasting process caramelizes the creamy white vegetable's natural sugars, resulting in intense, luxurious flavor.

1 large head cauliflower, cut into florets (10 cups)
1 onion, sliced
2 cloves garlic, halved
2 tablespoons olive oil
2 14.5-ounce cans chicken broth
1 cup water
1 bay leaf
1 teaspoon snipped fresh thyme or ¼ teaspoon dried thyme, crushed
1 cup half-and-half or light cream
1 teaspoon salt
⅛ teaspoon ground black pepper

1 Preheat oven to 400°F. In a large roasting pan combine cauliflower, onion, and garlic. Drizzle with oil; toss gently to coat. Spread vegetables in an even layer. Roast, uncovered, for 30 minutes, stirring once.

2 In a 4-quart Dutch oven combine roasted vegetables, broth, the water, bay leaf, and thyme. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes; cool slightly. Discard bay leaf.

3 Transfer vegetable mixture in batches to a food processor or blender. Cover and process or blend until smooth. Return pureed mixture to saucepan. Stir in half-and-half, salt, and pepper; heat through (do not boil).

nutrition facts per serving: 125 cal., 7 g total fat (3 g sat. fat), 12 mg chol., 756 mg sodium, 13 g carb., 3 g dietary fiber, 4 g protein.

mixed tomato soup

prep: 45 minutes **stand:** 30 minutes **cook:** 1 hour 5 minutes
makes: 8 servings

For the fullest flavor, choose the ripest fresh tomatoes you can find. If homegrown or farm-fresh tomatoes are available, they'll make the best soup. Serve with breadsticks or garlic croutons.

3 ounces dried tomatoes (not oil-packed)
1 tablespoon olive oil or vegetable oil
½ cup chopped onion (1 medium)
¼ teaspoon coarsely ground black pepper
8 tomatoes, chopped (about 2½ pounds)
4 cups water
1 teaspoon salt
1 cup whipping cream

1 Place dried tomatoes in a small bowl. Add enough boiling water to cover; let stand for 30 minutes. Drain and rinse. Coarsely chop rehydrated tomatoes.

2 In a Dutch oven heat oil over medium heat. Add rehydrated tomatoes, onion, and pepper; cook until onion is tender. Reserve ¾ cup of fresh tomatoes. Add remaining chopped fresh tomatoes to onion mixture. Cook, covered, over low heat about 20 minutes or until tomatoes are soft. Add the water and salt. Cook, uncovered, over low heat for 40 minutes more, stirring often.

3 Transfer mixture in batches to a food processor or blender. Cover and process or blend until smooth. Return pureed mixture to Dutch oven; heat to simmering. Stir in

whipping cream. Return just to simmering. Remove from heat.

4 Top each serving with the reserved chopped fresh tomatoes.

nutrition facts per serving: 176 cal., 14 g total fat (7 g sat. fat), 41 mg chol., 540 mg sodium, 13 g carb., 3 g dietary fiber, 3 g protein.

slowcooker lowfat

savory vegetable stew

prep: 30 minutes **slow cook:** 8 to 9 hours (low) or 4 to 4½ hours (high) **stand:** 5 minutes
makes: 6 servings

Cajun seasoning and Mexican-style stewed tomatoes add fresh, lively character to a tasty stew that incorporates eight colorful vegetables.

2 cups cubed, peeled sweet potato
1 cup cubed, peeled red-skinned potato (1 medium)
1 cup chopped carrot (2 medium)
1 cup cubed, peeled rutabaga
6 boiling onions, peeled
½ cup sliced celery (1 stalk)
½ cup chopped red and/or green sweet pepper (1 small)
1 15-ounce can garbanzo beans (chickpeas), rinsed and drained
1 6-ounce jar sliced mushrooms, drained
1 14.5-ounce can Mexican-style stewed tomatoes, undrained and cut up
1 14.5-ounce can vegetable broth or chicken broth
½ cup water
1 tablespoon quick-cooking tapioca, crushed
1 teaspoon Cajun seasoning
½ cup frozen peas
½ cup frozen cut green beans

1 In a 5- to 6-quart slow cooker combine potatoes, carrot, rutabaga, onions, celery, and sweet pepper. Stir in beans

and mushrooms. In a medium bowl combine undrained tomatoes, broth, the water, tapioca, and Cajun seasoning. Pour over mixture in cooker.

2 Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 4½ hours. Stir in frozen peas and green beans. Cover and let stand for 5 minutes before serving.

nutrition facts per serving: 219 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 921 mg sodium, 46 g carb., 8 g dietary fiber, 7 g protein.

slowcooker lowfat

farmer’s market vegetable soup

prep: 30 minutes **slow cook:** 8 to 9 hours (low) or 4 to 4½ hours (high)
makes: 4 servings

As summer gives way to fall, come home with a bumper crop of late-season vegetables at their freshest, in-season best, then simmer them slowly in this wonderfully varied soup.

½ of a small rutabaga, peeled and chopped (2 cups)
1½ cups chopped tomato (2 large)
1 cup chopped carrot or parsnip (2 medium)
1 large red-skinned potato, chopped
⅔ cup chopped leek (2 medium)*
3 14-ounce cans vegetable broth
1 teaspoon fennel seeds, crushed
½ teaspoon dried sage, crushed
¼ to ½ teaspoon ground black pepper
½ cup dried bow tie pasta
3 cups torn fresh spinach
Garlic Toasts (optional)

1 In a 3½- or 4-quart slow cooker combine rutabaga, tomato, carrot, potato, and leek. Add broth, fennel seeds, sage, and pepper.

2 Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 4½ hours.

3 Meanwhile, cook pasta according to package directions; drain. Stir cooked pasta and spinach into soup mixture. If desired, serve with Garlic Toasts.

nutrition facts per serving: 198 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 1313 mg sodium, 41 g carb., 8 g dietary fiber, 8 g protein.

***note:** See tip on cleaning leeks.

garlic toasts: Preheat broiler. Brush both sides of eight ½-inch baguette-style French bread slices with 1 tablespoon garlic-infused olive oil. Arrange on a baking sheet. Broil 3 to 4 inches from the heat for 1 minute. Turn; sprinkle with 2 teaspoons grated Parmesan cheese. Broil for 1 to 2 minutes more or until light brown.

butternut squash bisque

prep: 40 minutes **cook:** 35 minutes
makes: 8 servings

Chipotle peppers add the perfect amount of heat to this slightly sweet soup.

1 2½- to 3-pound butternut squash or three 12-ounce packages frozen cooked winter squash, thawed
¼ cup butter
½ cup coarsely chopped carrot (1 medium)
½ cup chopped onion (1 medium)
½ cup coarsely chopped celery (1 stalk)
2 cloves garlic, minced
2 Braeburn or Gala apples, peeled, cored, and chopped
1 48-ounce carton reduced-sodium chicken broth
1 cup apple cider or apple juice
2 canned chipotle peppers in adobo sauce, coarsely chopped*
½ cup sour cream
3 ounces smoked Gouda or smoked cheddar cheese, finely shredded
Crumbled crisp-cooked bacon and/or shaved Gouda cheese (optional)

1 Peel, seed, and cube butternut squash. In a 6-quart Dutch oven melt butter over medium-high heat. Add fresh squash (if using), carrot, onion, celery, and garlic; cook about 10 minutes or until vegetables are tender, stirring frequently. Add frozen squash (if using), apples, broth, cider, and chile peppers. Bring to boiling; reduce heat. Simmer, covered, about 25 minutes or until vegetables and apples are tender. Remove from heat; cool slightly.

2 Transfer soup, half at a time, to a food processor or blender. Cover and process or blend. Return pureed soup to Dutch oven. Stir in sour cream. Gently reheat over low heat, stirring occasionally and making sure soup does not boil.

3 Remove from heat. Add shredded cheese, stirring until melted. If desired, top with bacon and/or shaved cheese.

nutrition facts per serving: 213 cal., 11 g total fat (7 g sat. fat), 30 mg chol., 655 mg sodium, 26 g carb., 3 g dietary fiber, 6 g protein.

***note:** See tip on handling chile peppers.

slowcooker lowfat

garden bounty tomato soup

prep: 25 minutes **slow cook:** 6 to 8 hours (low) or 3 to 4 hours (high)
makes: 8 to 10 servings

A basketful of fresh veggies pumps up this soup of fresh tomatoes. Take your choice of carrots, celery, sweet peppers, fennel, and onion or any other vegetable you please. A classic grilled cheese sandwich is the perfect accompaniment to complete your meal.

2 pounds roma tomatoes, chopped
2 14-ounce cans beef broth
2 cups finely chopped assorted vegetables (such as carrot, celery, sweet pepper, fennel, and/or onion)
1 6-ounce can tomato paste
1 to 2 teaspoons sugar

1 In a 3½- or 4-quart slow cooker combine tomatoes, broth, vegetables, tomato paste, and sugar.

2 Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.

nutrition facts per serving: 61 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 372 mg sodium, 12 g carb., 3 g dietary fiber, 3 g protein.

pumpkin-ginger soup

prep: 20 minutes **cook:** 30 minutes
makes: 6 servings

Thai cuisine masterfully combines seemingly incompatible ingredients—such as the odd company of pumpkin, peanut butter, and mango nectar called for in this soup—and melds them into complex concoctions layered with flavor after flavor.

1 15-ounce can pumpkin
1 14.5-ounce can vegetable broth
1½ cups mango nectar or apricot nectar
1 tablespoon grated fresh ginger
2 cloves garlic, minced
1 5-ounce can evaporated milk or ⅔ cup canned unsweetened coconut milk
¼ cup creamy peanut butter
2 tablespoons rice vinegar
Dash bottled hot pepper sauce or ¼ teaspoon crushed red pepper flakes
¼ cup snipped fresh cilantro
Sour cream or plain yogurt (optional)
Dried Thai chile peppers (optional)

1 In a large saucepan combine pumpkin, broth, nectar, ginger, and garlic. Bring to boiling; reduce heat. Simmer, uncovered, for 30 minutes, stirring occasionally.

2 Whisk in evaporated milk, peanut butter, vinegar, and hot pepper sauce until smooth. Stir in cilantro.

3 If desired, top each serving with sour cream and garnish with Thai chile peppers.

nutrition facts per serving: 236 cal., 14 g total fat (4 g sat. fat), 7 mg chol., 402 mg sodium, 23 g carb., 4 g dietary fiber, 9 g protein.

creamy broccoli-cauliflower soup

prep: 25 minutes **cook:** 40 minutes
makes: 8 servings

Broccoli and cauliflower, both cabbage family members, combine to make a flavorful sidekick for your favorite entrées. Dijon mustard and Gruyère cheese add a delightful tang and richness.

1 tablespoon olive oil
¾ cup chopped sweet onion
2 14-ounce cans chicken broth
¾ cup water
2¼ cups cauliflower florets
2 potatoes, peeled and chopped
1 tablespoon Dijon-style mustard
Ground black pepper
2¼ cups cauliflower florets
2¼ cups broccoli florets
4 ounces Gruyère cheese or Gouda cheese, finely shredded

1 In a 4-quart Dutch oven heat oil over medium heat. Add onion; cook for 5 minutes or until tender. Stir in broth, the water, 2¼ cups cauliflower florets, and potato. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes or until cauliflower is very tender.

2 Cool mixture slightly. Transfer mixture, half at a time, to blender or food processor. Blend or process until smooth. Return pureed mixture to Dutch oven. Stir in mustard and pepper. Stir in 2¼ cups cauliflower florets and broccoli. Bring

to boiling; reduce heat. Simmer, covered, for 20 minutes or until cauliflower is tender. Stir in cheese; cook and stir until cheese is melted.

nutrition facts per serving: 126 cal., 7 g total fat (3 g sat. fat), 17 mg chol., 517 mg sodium, 10 g carb., 3 g dietary fiber, 7 g protein.

mix and mash

These ingredients perform exceptionally well in pureed soups:

- potatoes: *The starch in potatoes thickens soups for excellent body.*
- legumes: *Cooked split peas, lentils, and black or cannellini (white kidney) beans become velvety smooth when blended.*
- winter squash: *Most types of cooked winter squash and pumpkin can be blended until smooth.*
- veggies: *Many starchy root vegetables, such as sweet potatoes, parsnips, turnips, carrots, and beets, make great pureed soups. So do peas and sweet corn.*

beet and apple soup with horseradish cream

prep: 30 minutes **cook:** 25 minutes
makes: 6 to 8 servings

Combining fresh beets and apple creates a mellow, slightly sweet soup. Pureeing in a food processor or with an immersion blender makes it smooth and luscious. If you use a standard blender, the soup may be slightly chunky.

8 large fresh beets
3 14.5-ounce cans reduced-sodium chicken broth
½ cup chopped sweet onion (1 medium)
½ cup peeled and chopped potato (1 medium)
1 cooking apple, peeled, cored, and chopped
2 tablespoons dry sherry or white balsamic vinegar
Salt
Ground black pepper
1 8-ounce carton sour cream
2 tablespoons prepared horseradish
¼ teaspoon cayenne pepper
Skillet Beets (optional)

1 Peel the beets*; cut each into 1-inch pieces. In a 4-quart Dutch oven combine beets, broth, onion, potato, and apple. Bring to boiling; reduce heat. Simmer, covered, for 25 to 30 minutes or until tender; cool slightly.

2 Transfer beet mixture, half at a time, to a food processor. Cover and process until smooth. Return pureed mixture to Dutch oven. (Or blend with a handheld immersion blender in

Dutch oven.) Stir in sherry. Season to taste with salt and black pepper; heat through.

3 For horseradish cream, in a small bowl combine sour cream, horseradish, and cayenne pepper. Stir about ½ cup of the horseradish cream into hot soup.

4 Top each serving with remaining horseradish cream and, if desired, Skillet Beets.

nutrition facts per serving: 222 cal., 9 g total fat (5 g sat. fat), 17 mg chol., 729 mg sodium, 31 g carb., 6 g dietary fiber, 7 g protein.

***note:** Peel beets with a sharp vegetable peeler or paring knife. To avoid staining your hands, wear rubber gloves.

skillet beets: Trim tops from 2 large beets to leave 1 inch of stem. Peel and thinly slice beets lengthwise from top to bottom. In large skillet cook beet slices in 2 tablespoons hot oil over medium heat for 8 minutes or until tender, turning once.

slowcooker lowfat

new england sweet potato soup

prep: 25 minutes **slow cook:** 6 to 8 hours (low) or 3 to 4 hours (high)
makes: 6 servings

The natural sweetness of the sweet potatoes combined with maple syrup in this soup contrasts nicely with the salty, savory bacon sprinkled on top.

2½ to 3 pounds sweet potatoes, peeled and cut into 1-inch pieces
½ cup chopped onion (1 medium)
¼ cup maple syrup
1 clove garlic, minced
½ teaspoon dried sage, crushed
¼ teaspoon salt
⅛ teaspoon ground black pepper
2 14.5-ounce cans chicken broth
1 cup water
½ cup half-and-half, light cream, or whole milk
Crisp-cooked, crumbled bacon (optional)
Sliced green onion (optional)

1 In a 3½- or 4-quart slow cooker combine sweet potatoes, onion, maple syrup, garlic, sage, salt, and pepper. Pour broth and the water over all.

2 Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.

3 Using a potato masher, mash sweet potatoes until desired consistency.* Stir in half-and-half. If desired, sprinkle each serving with bacon and green onion.

nutrition facts per serving: 192 cal., 3 g total fat (1 g sat. fat), 9 mg chol., 712 mg sodium, 39 g carb., 4 g dietary fiber, 3 g protein.

***note:** For a smoother texture, use a blender or food processor to puree the soup.

14

small-bowl starters

Create a spectacular first course for a special-occasion dinner—small bowls of soup with bold, exciting flavors. Of course, these soups are also noted for their presentation with simple garnishes that offer an inviting range of fresh colors and textures. You'll even find a few worth adding to your holiday repertoire.

Sherried Salmon Bisque
Mixed Mushroom Soup
Oriental Hot-and-Sour Soup
Butternut Squash Soup with Ravioli
Dilled Buttermilk-Pea Soup
Apple-Cheddar Soup
Sweet Potato Soup with Toasted Pecans
Cauliflower, Carrot, and Cumin Soup
Shiitake Mushroom–Tomato Bisque
Tarragon-Potato-Watercress Soup
Asparagus-Basil Soup
Tomato-Basil Soup with Toasted Cheese Croutons
Spring Greens Soup
Coconut-Pumpkin Soup
Tomato-Joe Soup
Portobello Mushroom and Roasted Garlic Soup
Creamy Potato Soup
Curried Pumpkin Soup
Pepper-Corn Chowder
Shiitake and Lemongrass Soup
Italian Spinach Soup
Carrot-Parsnip Soup
Curried Shrimp and Coconut Soup
Edamame Soup with Feta Croutons
Curried Tomato–Red Pepper Soup

She-Crab Soup
Leek-Gruyère Cream Soup

sherried salmon bisque

start to finish: 35 minutes
makes: 8 servings

You'll love the simplicity of this exquisitely creamy soup. The superb combination of sherry, leeks, salmon, and cream makes this luscious soup worthy of any special occasion.

12 ounces fresh or frozen salmon fillets or steaks, cut ¾ inch thick
3 cups sliced stemmed fresh shiitake or other mushrooms
¾ cup thinly sliced leek or ½ cup thinly sliced green onion*
2 tablespoons butter
1 14-ounce can chicken broth or vegetable broth
1½ teaspoons snipped fresh dill or ½ teaspoon dried dill
¼ teaspoon salt
Pinch ground black pepper
2 cups half-and-half or light cream
2 tablespoons cornstarch
2 tablespoons dry sherry
Fresh dill sprigs (optional)

1 Thaw salmon, if frozen. Rinse salmon; pat dry with paper towels. Discard salmon skin and bones. Cut salmon into ½-inch pieces; set aside. In a large saucepan cook mushrooms and leek in hot butter until tender. Stir in broth, dill, salt, and pepper. Bring to boiling.

2 In a medium bowl combine half-and-half and cornstarch. Stir into mushroom mixture; cook and stir over medium heat until thickened and bubbly. Add salmon. Simmer, covered, about 4 minutes or until salmon flakes easily when tested with a fork. Gently stir in sherry. If desired, garnish with dill.

nutrition facts per serving: 232 cal., 15 g total fat (7 g sat. fat), 55 mg chol., 345 mg sodium, 14 g carb., 1 g dietary fiber, 11 g protein.

***note:** See tip on cleaning leeks.

lowfat

mixed mushroom soup

prep: 25 minutes **cook:** 30 minutes
makes: 6 servings

Take your pick of meaty mushrooms. They all add up to a filling bowl of soup with an intensely earthy aroma and flavor.

10 ounces fresh cremini, oyster, button, and/or stemmed shiitake mushrooms, sliced
2 ounces fresh portobello mushrooms, stemmed and sliced ½ inch thick
½ cup chopped onion (1 medium)
3 cloves garlic, minced
1 tablespoon olive oil
3 14.5-ounce cans vegetable broth or chicken broth
1 tablespoon snipped fresh thyme or ½ teaspoon dried thyme, crushed

1 In a large saucepan cook mushrooms, onion, and garlic in hot oil over medium heat about 10 minutes or until mushrooms are softened and most of the liquid is evaporated, stirring occasionally.

2 Add broth and dried thyme (if using). Bring to boiling; reduce heat. Simmer, covered, for 20 minutes. Stir in fresh thyme (if using).

nutrition facts per serving: 55 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 693 mg sodium, 5 g carb., 1 g dietary fiber, 4 g protein.

slowcooker lowfat

oriental hot-and-sour soup

prep: 20 minutes **slow cook:** 9 to 11 hours (low) or 3 to 4 hours (high) + 50 minutes (low or high)
makes: 8 servings

Put your slow cooker to work for a shrimp soup that is every bit as good as what you'd get at a restaurant. Use a whisk to stir the soup as you add the beaten egg to ensure it forms delicate strands of cooked egg.

4 cups chicken broth
1 8-ounce can bamboo shoots, drained
1 8-ounce can sliced water chestnuts, drained
1 4-ounce can sliced mushrooms, drained
3 tablespoons quick-cooking tapioca
3 tablespoons rice wine vinegar or vinegar
1 tablespoon soy sauce
1 teaspoon sugar
½ teaspoon ground black pepper
1 8-ounce package frozen peeled and deveined shrimp
4 ounces firm tofu, (fresh bean curd), drained and cubed
1 egg, lightly beaten
2 tablespoons snipped fresh parsley or coriander

1 In a 3½- or 4-quart slow cooker combine broth, bamboo shoots, water chestnuts, mushrooms, tapioca, vinegar, soy sauce, sugar, and pepper.

2 Cover and cook on low-heat setting for 9 to 11 hours or on high-heat setting for 3 to 4 hours. Add shrimp and tofu.

Cover and cook on low-heat setting or high-heat setting for 50 minutes more.

3 Pour the beaten egg slowly into the soup in a thin stream. Stir the soup gently so that the egg forms fine strands instead of clumps. Sprinkle with parsley.

nutrition facts per serving: 114 cal., 2 g total fat (1 g sat. fat), 83 mg chol., 664 mg sodium, 9 g carb., 1 g dietary fiber, 13 g protein.

butternut squash soup with ravioli

start to finish: 30 minutes
makes: 5 servings

So few ingredients, so much flavor! Even better, this soup freezes well, so make an extra batch.

1 2-pound butternut squash
2 14.5-ounce cans vegetable broth
½ cup water
⅛ teaspoon cayenne pepper
1 tablespoon butter
1 9-ounce package refrigerated cheese ravioli
1 tablespoon molasses (optional)

1 Peel squash. Halve lengthwise. Remove seeds and discard. Cut squash into ¾-inch pieces.

2 In a large saucepan combine squash, broth, the water, and cayenne pepper over medium heat. Cook, covered, for 20 minutes or until squash is tender. Cool slightly.

3 Transfer squash-broth mixture, one-fourth at a time, to a blender. Cover and blend until smooth. Return pureed mixture to saucepan. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Add butter, stirring just until melted.

4 Meanwhile, prepare ravioli according to package directions; drain. Ladle hot squash mixture into bowls. Divide cooked ravioli among bowls. If desired, drizzle with molasses.

nutrition facts per serving: 259 cal., 10 g total fat (5 g sat. fat), 52 mg chol., 933 mg sodium, 36 g carb., 2 g dietary fiber, 10 g protein.

lowfat

dilled buttermilk-pea soup

prep: 20 minutes **cook:** 10 minutes
makes: 4 servings

Whirl tender peas in the blender to thicken this Scandinavian-style soup.

1 14-ounce can reduced-sodium chicken broth
2 cups shelled fresh peas or one 10-ounce package frozen peas
1 cup torn fresh spinach
¼ cup chopped onion
1 tablespoon snipped fresh dill or savory or ½ teaspoon dried dill or savory, crushed
¼ teaspoon salt
⅛ teaspoon ground black pepper
½ cup buttermilk
Fresh dill sprigs with flowers (optional)

1 In a medium saucepan combine broth, peas, spinach, onion, dill, salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 10 to 15 minutes for fresh peas (5 to 6 minutes for frozen peas) or until peas are very tender. Cool mixture slightly.

2 Transfer pea mixture, half at a time, to a blender. Cover and blend until smooth. Return pureed mixture to saucepan. Stir in buttermilk; heat through. If desired, garnish with fresh dill sprigs.

nutrition facts per serving: 83 cal., 1 g total fat (0 g sat. fat), 1 mg chol., 423 mg sodium, 14 g carb., 4 g dietary fiber, 6 g

protein.

apple-cheddar soup

prep: 20 minutes **cook:** 20 minutes
makes: 4 to 6 servings

Chunks of apples and potatoes make a surprising and satisfying addition to this cheese soup recipe.

½ cup finely chopped onion (1 medium)
1 tablespoon butter
2 medium baking potatoes, peeled and diced
2 cups apple cider
1 teaspoon snipped fresh thyme or ½ teaspoon dried thyme, crushed
½ teaspoon salt
Pinch cayenne pepper
1 medium cooking apple, peeled and coarsely chopped
½ cup milk
2 tablespoons all-purpose flour
4 ounces sharp cheddar cheese, shredded (1 cup)
Fresh apple slices
Green peppercorns

1 In large saucepan cook onion in hot butter over medium heat until tender. Stir in potatoes, cider, thyme, salt, and cayenne pepper. Bring to boiling; reduce heat. Simmer, covered, 15 minutes. Add chopped apple. Simmer, covered, 5 minutes or until potatoes are tender. In small bowl combine milk and flour. Stir into soup; cook and stir until bubbly. Slowly add cheese, whisking until cheese is melted.

2 Top each serving with apple slices and peppercorns.

nutrition facts per serving: 352 cal., 16 g total fat (10 g sat. fat), 48 mg chol., 527 mg sodium, 32 g carb., 4 g dietary fiber, 12 g protein.

lowfat

sweet potato soup with toasted pecans

prep: 20 minutes **cook:** 20 minutes
makes: 6 servings

Carrot, leek, sweet pepper, and onion pack flavor into this pureed potato soup, elevating it to company-worthy status.

2 teaspoons canola oil
¾ cup thinly sliced carrot
½ cup finely chopped leek*
⅓ cup chopped orange or yellow sweet pepper
⅓ cup finely chopped onion
1 clove garlic, minced
2 14-ounce cans reduced-sodium chicken broth
1 pound sweet potatoes, peeled, halved lengthwise, and thinly sliced crosswise
1 small potato (4 ounces), peeled, halved lengthwise, and thinly sliced crosswise
⅓ cup dry white wine or reduced-sodium chicken broth
⅛ teaspoon ground black pepper
1 bay leaf
¼ cup chopped pecans, toasted

1 In a large saucepan heat oil over medium-high heat. Add carrot, leek, sweet pepper, onion, and garlic; cook about 5 minutes or just until vegetables are tender, stirring occasionally.

2 Add broth, potatoes, wine, black pepper, and bay leaf. Bring to boiling; reduce heat. Simmer, covered, for 15 to 20 minutes or until the potatoes are tender. Discard the bay leaf. Remove from heat; cool soup slightly.

3 Transfer soup, half at a time, to a blender or food processor. Cover and blend or process until smooth. Return pureed soup to saucepan; heat through. Sprinkle each serving with toasted pecans.

nutrition facts per serving: 142 cal., 5 g total fat (0 g sat. fat), 0 mg chol., 358 mg sodium, 20 g carb., 3 g dietary fiber, 4 g protein.

***note:** See tip on cleaning leeks.

cauliflower, carrot, and cumin soup

prep: 25 minutes **cook:** 25 minutes
makes: 6 servings

Everyday cauliflower and carrots get a flavorful kick from cumin in this smooth and chunky soup. Fresh lime juice marries well with the garlic and spice.

2 tablespoons olive oil
1 cup finely chopped onion (1 large)
2 cloves garlic, minced
3 cups small cauliflower florets
1½ cups coarsely shredded carrot (3 medium)
1 teaspoon ground cumin
2 14-ounce cans reduced-sodium chicken broth
1 cup half-and-half or light cream
1 tablespoon lime juice
Salt
Ground black pepper

1 In a large saucepan heat oil over medium heat. Add onion and garlic; cook about 5 minutes or until onion is tender. Stir in cauliflower, carrot, and cumin. Add broth. Bring to boiling; reduce heat. Simmer, covered about 20 minutes or until cauliflower is very tender. Remove from heat; cool slightly. Using a slotted spoon, set aside 1½ cups of the vegetables.

2 Transfer mixture, half at a time, to a blender or food processor. Cover and blend or process until smooth. Return pureed mixture to saucepan. Stir in reserved 1½ cups

vegetables, half-and-half, and lime juice; heat through. Season to taste with salt and pepper.

nutrition facts per serving: 140 cal., 9 g total fat (4 g sat. fat), 15 mg chol., 466 mg sodium, 11 g carb., 3 g dietary fiber, 5 g protein.

perfectly pureed

Make your favorite soups thicker and creamier with a little blending action. Blenders and immersion blenders work great for tomato soup, vichyssoise, and other uniformly smooth soups. You can puree a portion of the beans or starchy root vegetables from your soup right in the pot with an immersion blender. To add luscious body, you can also use a blender. If you're pureeing warm soup in a blender, do small batches at a time, loosen the plug in the blender lid to let steam escape, and hold a towel firmly over the lid. Start on a low speed. Rising steam from the soup can create enough pressure to force the top off the blender, causing a mess and/or burns. Do not blend extremely hot soups.

shiitake mushroom–tomato bisque

prep: 20 minutes **cook:** 35 minutes
makes: 4 servings

If fresh shiitake mushrooms aren't available, soak dried ones in hot water. Two ounces of dried mushrooms equal 1 cup of the fresh.

2 tablespoons butter
½ cup sliced leek or chopped onion (1 medium)*
½ cup sliced celery (1 stalk)
2 cloves garlic, minced
1½ cups sliced, stemmed fresh shiitake or other mushrooms
1 14.5-ounce can diced tomatoes, undrained
1 14.5-ounce can chicken broth or vegetable broth
½ cup whipping cream
½ teaspoon dried dill
⅛ teaspoon ground black pepper
Sautéed sliced mushrooms (optional)

1 In a large saucepan heat butter over medium heat until melted. Add leek, celery, and garlic; cook and stir until tender. Add mushrooms; cook and stir about 5 minutes or until mushrooms are tender. Stir in undrained tomatoes, broth, whipping cream, dill, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes; cool slightly.

2 Transfer mixture, half at a time, to a blender or food processor. Cover and blend or process until smooth. Return pureed mixture to saucepan; heat through.

3 If desired, garnish each serving with additional sautéed mushrooms.

nutrition facts per serving: 193 cal., 13 g total fat (8 g sat. fat), 47 mg chol., 607 mg sodium, 17 g carb., 2 g dietary fiber, 3 g protein.

***note:** See tip on cleaning leeks.

tarragon-potato-watercress soup

prep: 30 minutes **cook:** 23 minutes **cool:** 15 minutes
makes: 8 servings

Celebrate a most welcome hue of summer with creamy pureed soup flavored by green onions, watercress, and tarragon.

1¼ pounds russet potatoes, peeled, cut in 1-inch pieces (3 medium)
1½ cups sliced green onion (2 to 3 bunches)
2 tablespoons butter
6 cups reduced-sodium chicken broth
6 cups watercress, tough stems removed (about 3 bunches), or fresh baby spinach leaves
3 tablespoons snipped fresh tarragon
½ cup dry white wine or reduced-sodium chicken broth
Salt
Ground black pepper
½ cup sour cream (optional)

1 In 4- to 5-quart Dutch oven cook potatoes and onion in hot butter over medium heat for 3 to 5 minutes or until onions are tender but not brown, stirring occasionally. Add broth; bring to boiling. Reduce heat. Simmer, covered, for 20 minutes or until potatoes are tender.

2 Stir in watercress; return broth to simmering. Simmer, covered, for 3 to 5 minutes, until greens are tender. Remove soup from heat; cool 15 minutes. Stir in tarragon. Puree soup using immersion blender or in batches using a blender.

3 Stir wine into soup; season with salt and pepper. Heat through over low heat. If desired, top each serving with sour cream.

nutrition facts per serving: 125 cal., 6 g total fat (3 g sat. fat), 13 mg chol., 617 mg sodium, 13 g carb., 1 g dietary fiber, 5 g protein.

lowfat

asparagus-basil soup

start to finish: 30 minutes
makes: 4 servings

Basil brings out the delicate flavor of fresh asparagus in this springtime soup. You can also substitute regular milk for the soy or rice milk.

1 pound fresh asparagus
1 14-ounce can vegetable broth
1½ cups loose-pack frozen chopped hash brown potatoes
1 cup water
1 cup regular soy milk or rice milk
½ cup chopped fresh basil
Salt
Ground black pepper
Fresh basil leaves (optional)

1 Break off woody bases where asparagus spears snap easily. Cut off tips; set aside. Chop remaining asparagus stalks. In a medium saucepan, combine chopped asparagus stalks, broth, and potatoes. Bring to boiling; reduce heat. Cover and simmer about 5 minutes or just until asparagus is barely tender. Remove from heat. Cool for 5 minutes. Transfer mixture to a blender. Cover and blend until smooth. Return pureed mixture to saucepan.

2 Meanwhile, in a small saucepan combine the water and reserved asparagus tips. Bring to boiling; reduce heat. Simmer, uncovered, for 3 minutes. Drain; set aside. Add soy milk to pureed mixture; stir until well mixed. Stir in chopped

basil; heat through. Stir in asparagus tips. Season to taste with salt and pepper. If desired, garnish each serving with basil leaves. Serve immediately.

nutrition facts per serving: 119 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 515 mg sodium, 21 g carb., 3 g dietary fiber, 6 g protein.

lowfat

tomato-basil soup with toasted cheese croutons

prep: 25 minutes **cook:** 10 minutes
makes: 6 servings

Serve this fresh-tasting soup as a first course for a dinner party or a side dish at a luncheon.

1 medium onion, chopped
2 cloves garlic, minced
2 teaspoons olive oil
2 14.5-ounce cans no-salt-added diced tomatoes
1½ cups reduced-sodium vegetable broth or reduced-sodium chicken broth
¾ cup jarred roasted red sweet peppers, drained and chopped
2 tablespoons snipped fresh basil or 2 teaspoons dried basil, crushed
2 teaspoons balsamic vinegar
1 recipe Toasted Cheese Croutons

1 In a medium nonstick saucepan cook onion and garlic in hot oil about 5 minutes or until tender, stirring occasionally. Add undrained tomatoes, broth, roasted sweet peppers, and dried basil (if using). Bring to boiling; reduce heat. Simmer, covered for 10 minutes to blend flavors. Cool slightly.

2 Transfer half of the tomato mixture to a blender or food processor. Cover and blend or process until smooth. Return pureed mixture to tomato mixture in saucepan; heat through. Stir in fresh basil (if using) and vinegar just before

serving. Top each serving with a few Toasted Cheese Croutons.

nutrition facts per serving: 94 cal., 3 g total fat (1 g sat. fat), 3 mg chol., 267 mg sodium, 14 g carb., 3 g dietary fiber, 3 g protein.

toasted cheese croutons: Place four ¾-inch-thick slices whole-grain baguette-style bread on a small baking sheet. Broil 4 to 5 inches from the heat for 1 to 2 minutes or until lightly toasted. Turn bread slices over; sprinkle tops with ¼ cup shredded reduced-fat Italian cheese blend. Broil about 1 minute more or until cheese is melted. Cool bread slices slightly. Cut into irregular-shaped bite-size pieces.

lowfat

spring greens soup

prep: 20 minutes **cook:** 15 minutes
makes: 6 servings

Both spinach and arugula—most often enjoyed fresh—make wonderful, highly nutritious additions to hot soups.

1 medium onion, halved and sliced
1 tablespoon vegetable oil
3 cups reduced-sodium chicken broth or vegetable broth
¼ to ½ teaspoon ground black pepper
12 ounces Yukon Gold potatoes, quartered
3 cups sliced fresh mushrooms (optional)
2 tablespoons butter
3 cups fresh spinach leaves
3 cups fresh arugula leaves
2 cups fresh parsley leaves and tender stems
Salt
Fresh arugula

1 In 3-quart saucepan cook onion in hot oil over medium heat for 5 minutes. Add broth and pepper. Bring to boiling. Add potatoes. Return to boiling; reduce heat. Simmer, covered, for 10 minutes.

2 Meanwhile, in large skillet cook mushrooms in hot butter over medium heat for 6 to 8 minutes or until tender and liquid has evaporated; set aside.

3 Remove saucepan from heat. Using an immersion blender, blend onion-potato mixture until almost smooth. Add spinach, arugula, and parsley. Return to heat. Bring to

boiling; remove from heat. Using an immersion blender, blend soup again until nearly smooth and flecks of green remain. Season to taste with salt. Serve immediately, topped with sautéed mushrooms and additional fresh arugula.

nutrition facts per serving: 92 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 412 mg sodium, 14 g carb., 3 g dietary fiber, 4 g protein.

coconut-pumpkin soup

prep: 15 minutes **cook:** 15 minutes
makes: 5 servings

Carrots, sweet pepper, and onions are a terrific trio for adding flavor flair to pumpkin soup. Ginger and jalapeño pepper blend in perfectly, creating a starter soup with an assertive edge.

1 cup chopped carrot (2 medium)
¾ cup chopped green sweet pepper (1 medium)
½ cup chopped onion (1 medium)
1 tablespoon vegetable oil
1 15-ounce can pumpkin
1 14.5-ounce can vegetable broth
1 14-ounce can unsweetened light coconut milk
2 tablespoons packed brown sugar
1 jalapeño pepper, seeded and finely chopped*
¾ teaspoon salt
½ teaspoon ground ginger
2 tablespoons snipped fresh cilantro or parsley

1 In a large saucepan cook carrot, sweet pepper, and onion in hot oil over medium heat about 5 minutes or until vegetables are nearly tender. In a large bowl combine pumpkin, broth, and coconut milk. Stir in brown sugar, chile pepper, salt, and ginger. Stir pumpkin mixture into carrot mixture.

2 Bring to boiling; reduce heat. Simmer, uncovered, about 10 minutes or until heated through, stirring frequently. Before serving, stir in cilantro.

nutrition facts per serving: 151 cal., 7 g total fat (3 g sat. fat), 0 mg chol., 717 mg sodium, 21 g carb., 4 g dietary fiber, 2 g protein.

***note:** See tip on handling chile peppers.

tomato-joe soup

prep: 30 minutes **cook:** 25 minutes
makes: 6 to 8 servings

Coffee gives a deep, mellow flavor boost to this starter soup, which becomes even more pleasing topped with a spoonful of whipped cream at serving time.

1 cup chopped onion (2 medium)
1 cup chopped celery (2 stalks)
1 cup chopped carrot (2 medium)
2 tablespoons butter
6 medium tomatoes (about 2 pounds), peeled and quartered, or two 14.5-ounce cans diced tomatoes, drained
2 cups strong brewed coffee
½ cup water
1 6-ounce can tomato paste
2 teaspoons sugar
½ teaspoon salt
Few dashes bottled hot pepper sauce
¾ cup whipping cream

1 In a saucepan cook onion, celery, and carrot in hot butter over medium heat about 5 minutes or until nearly tender, stirring occasionally. Add tomatoes, coffee, the water, tomato paste, sugar, salt, and hot pepper sauce. Bring to boiling; reduce heat. Simmer, covered, for 20 to 25 minutes, until vegetables are tender. Cool slightly.

2 Transfer tomato mixture, half at a time, to a blender or food processor. Cover and blend or process until smooth. Return pureed mixture to saucepan. Stir in ¼ cup of the

whipping cream; heat through. In a mixing bowl beat remaining whipping cream with an electric mixer on low speed just until soft peaks form. Spoon some of the whipped cream on each serving.

nutrition facts per serving: 164 cal., 12 g total fat (7 g sat. fat), 39 mg chol., 378 mg sodium, 14 g carb., 3 g dietary fiber, 3 g protein.

portobello mushroom and roasted garlic soup

prep: 25 minutes **roast:** 45 minutes **oven:** at 325°F
cook: 51 minutes
makes: 6 servings

Oven-roasting the garlic adds a sweet, mellow caramel flavor to this appetizer soup. When cleaning the mushrooms, wipe them with a clean, damp cloth. If you must rinse them, do it lightly, then dry them immediately—and gently—with paper towels. Never soak mushrooms in water because it ruins their texture.

1 whole head of garlic (10 to 12 cloves)
2 teaspoons olive oil
1 pound fresh portobello mushrooms
1 cup sliced celery (2 stalks)
1 cup chopped red or yellow sweet pepper (1 large)
2 tablespoons olive oil
1 tablespoon snipped fresh thyme or ½ teaspoon dried thyme, crushed
¼ teaspoon ground black pepper
2 14.5-ounce cans beef or vegetable broth
½ cup brown rice or pearl barley

1 Preheat oven to 325°F. To roast garlic, using a sharp knife cut off the pointed top portion from garlic head, leaving the bulb intact but exposing the individual cloves. Place in a small baking dish or custard cup; drizzle with 2 teaspoons

olive oil. Bake, covered, for 45 to 60 minutes or until the cloves are very soft. Set aside until cool enough to handle. Squeeze garlic paste from individual cloves. Using a fork, mash garlic.

2 Cut off mushroom stems even with caps; discard stems and clean mushrooms. Thinly slice mushroom caps; cut slices into 2-inch pieces. Set aside.

3 In a large saucepan cook celery and sweet pepper in 2 tablespoons hot oil over medium-high heat for 3 minutes. Add mushrooms, dried thyme (if using), and pepper; cook for 3 to 4 minutes more or until vegetables are just tender, gently stirring occasionally.

4 Stir in broth; bring to boiling. Stir in brown rice and mashed garlic. Return to boiling; reduce heat. Simmer, covered, about 45 minutes or until rice is tender. Just before serving, stir in fresh thyme (if using).

nutrition facts per serving: 152 cal., 6 g total fat (1 g sat. fat), 3 mg chol., 375 mg sodium, 20 g carb., 4 g dietary fiber, 5 g protein.

creamy potato soup

prep: 25 minutes **cook:** 35 minutes
makes: 8 servings

Yukon Gold potatoes have a beautiful golden color and a rich, creamy potato flavor, making soups like this extra delicious.

2 cups thinly sliced onion or leek*
1 tablespoon olive oil
2 cups milk
3 tablespoons all-purpose flour
1 pound Yukon Gold potatoes, peeled and sliced
4 cups reduced-sodium chicken broth
8 ounces Swiss-style cheese, such as Gruyère or baby Swiss, shredded
Salt
Ground black pepper
Snipped mixed fresh herbs
2 ounces baby Swiss cheese, thinly sliced (optional)

1 In a large saucepan or pot cook onions in hot oil over medium heat for 5 to 10 minutes or until tender. Whisk together milk and flour. Add to onions; cook and stir 5 minutes.

2 Add potatoes and broth. Bring to boiling; reduce heat. Cook, covered, for 20 minutes or until potatoes are tender. Remove from heat; cool slightly.

3 Transfer soup, half at a time, to a blender. Cover and blend until smooth. Return pureed mixture to saucepan. Add shredded cheese; cook and stir over medium heat just until cheese is melted. Season to taste with salt and pepper.

Sprinkle with fresh herbs; garnish with sliced cheese. Serve at once.

nutrition facts per serving: 220 cal., 11 g total fat (6 g sat. fat), 31 mg chol., 441 mg sodium, 18 g carb., 1 g dietary fiber, 13 g protein.

***note:** See tip on cleaning leeks.

make it easy

For smooth pureed soups, a handheld immersion blender is easy and safe to use. It lets you blend the soup right in the soup pot, so there's no need to bring out your blender or food processor.

lowfat

curried pumpkin soup

prep: 20 minutes **cook:** 30 minutes
makes: 8 servings

Just the right amount of curry powder and pumpkin pie spice complements canned pumpkin puree for an easy, flavorful soup.

2 tablespoons butter
2 medium onions, chopped (1 cup)
1 medium carrot, chopped (½ cup)
1 stalk celery, chopped (½ cup)
1 teaspoon curry powder
1 teaspoon pumpkin pie spice
2 15-ounce cans pumpkin
2 14-ounce cans reduced-sodium chicken broth
⅔ cup water
1 cup half-and-half or light cream
½ teaspoon salt
¼ teaspoon ground black pepper
1 recipe Orange-Cranberry Topper

1 In 4-quart Dutch oven melt butter over medium heat. Add onions, carrot, and celery; cook for 10 minutes until softened, stirring occasionally. Add curry powder and pumpkin pie spice; cook and stir 1 minute. Add pumpkin, broth, and the water. Increase heat to medium-high. Bring to boiling; reduce heat to medium-low. Simmer, covered, 15 minutes. Remove from heat; cool slightly.

2 Transfer pumpkin mixture, one-third at a time, to a food processor or blender. Cover and process or blend until

smooth. Return pureed mixture to Dutch oven.

3 Stir half-and-half, salt, and pepper into pumpkin mixture; heat through. Sprinkle each serving with Orange-Cranberry Topper.

nutrition facts per serving: 145 cal., 7 g total fat (4 g sat. fat), 19 mg chol., 433 mg sodium, 20 g carb., 4 g dietary fiber, 4 g protein.

orange-cranberry topper: In small bowl combine ½ cup dried cranberries, 1 tablespoon finely shredded orange zest, and 2 tablespoons snipped fresh Italian parsley.

lowfat

pepper-corn chowder

start to finish: 40 minutes
makes: 6 servings

Saffron gives this garden-fresh chowder a bright orange-yellow color and a deliciously sophisticated flavor.

Nonstick cooking spray
1 cup chopped onion (1 medium)
1 leek, chopped*
5 cups frozen whole-kernel corn
2 14-ounce cans reduced-sodium chicken broth
¾ cup chopped red sweet pepper (1 medium)
⅛ teaspoon ground black pepper
⅛ teaspoon cayenne pepper
3 threads saffron (optional)
Snipped fresh chives and/or ground black pepper (optional)

1 Coat a 4-quart Dutch oven with nonstick cooking spray. Heat over medium heat for 1 minute. Add onion and leek; cook for 5 minutes or until tender, stirring occasionally.

2 Add frozen corn; cook for 5 minutes or until corn softens, stirring occasionally. Add 1 can of the broth. Bring to boiling; reduce heat. Simmer, covered, 20 minutes or until corn is very tender. Remove from heat; cool slightly.

3 Transfer half the corn mixture to a blender or food processor. Cover and blend or process until smooth. Return pureed corn mixture to Dutch oven.

4 Add the remaining can broth, sweet pepper, ⅛ teaspoon black pepper, cayenne pepper, and saffron; heat through. Top with snipped fresh chives and/or additional black pepper.

nutrition facts per serving: 155 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 323 mg sodium, 35 g carb., 4 g dietary fiber, 7 g protein.

***note:** See tip on cleaning leeks.

shiitake and lemongrass soup

prep: 20 minutes **cook:** 20 minutes
makes: 4 servings

Lemongrass is a unique ingredient in Asian fare. As the name implies, the herb (which resembles a green onion) tastes like lemon. It's worth seeking out in an Asian market, but in a pinch, substitute 1 teaspoon finely shredded lemon zest for the 2 tablespoons lemongrass.

2 tablespoons butter
½ cup finely chopped onion (1 medium)
2 tablespoons finely chopped fresh lemongrass (2 stalks)
3 cups mushroom broth or vegetable broth
8 ounces fresh shiitake mushrooms, stemmed and sliced
1 tablespoon rice vinegar
⅛ teaspoon white pepper
1 cup coarsely chopped fresh spinach

1 In a large saucepan melt 1 tablespoon of the butter over medium-high heat. Add onion and lemongrass; cook about 5 minutes or until tender. Add broth. Bring to boiling; reduce heat. Simmer, uncovered, for 15 minutes. Pour through a fine-mesh sieve or a colander lined with 100-percent-cotton cheesecloth; discard onion and lemongrass.

2 Meanwhile, in a large skillet melt remaining 1 tablespoon butter over medium-high heat. Add mushrooms; cook about 5 minutes or until mushrooms are lightly browned on the edges. Remove from heat; set aside.

3 Stir in vinegar and pepper. Stir in spinach. Top each serving with cooked mushrooms.

nutrition facts per serving: 80 cal., 8 g total fat (4 g sat. fat), 16 mg chol., 770 mg sodium, 6 g carb., 2 g dietary fiber, 2 g protein.

italian spinach soup

start to finish: 35 minutes
makes: 6 servings

Each bowl of this brothy soup holds a healthful portion of greens. In the produce aisle, look for peppery watercress with small dark green leaves. You can also use arugula.

2 tablespoons butter
½ cup chopped onion (1 medium)
4 cloves garlic, minced
2 teaspoons dried Italian seasoning, crushed
2 tablespoons dry sherry (optional)
2 14.5-ounce cans chicken broth
1 cup peeled and chopped potato (1 large)
2 9-ounce packages fresh spinach
Salt
2 cups watercress, tough stems removed
2 tomatoes, quartered, seeded, and thinly sliced
2 ounces Parmesan cheese, shaved

1 In a 4-quart Dutch oven heat butter over medium heat until melted. Add onion, garlic, and Italian seasoning; cook about 5 minutes or until onion is tender, stirring occasionally.

2 Carefully add sherry (if using); cook and stir for 1 minute. Add broth and potato. Bring to boiling; reduce heat. Simmer, covered, about 10 minutes or until potato is tender. Remove from heat.

3 Set aside 2 cups of the spinach. Stir remaining spinach, half at a time, into potato mixture just until wilted. Cook for 5 minutes.

4 Transfer potato mixture, half at a time, to a food processor or blender. Cover and process or blend until smooth. Return pureed mixture to Dutch oven; heat through. Season to taste with salt.

5 Top each serving with reserved 2 cups spinach, the watercress, tomatoes, and cheese.

nutrition facts per serving: 151 cal., 7 g total fat (4 g sat. fat), 18 mg chol., 881 mg sodium, 16 g carb., 4 g dietary fiber, 8 g protein.

lowfat

carrot-parsnip soup

prep: 30 minutes **roast:** 35 minutes **oven:** at 425°F
makes: 6 servings

Oven-roasting the carrots and parsnips for this pureed soup brings out their naturally sweet and nutty taste. For an elegant presentation, top each serving with mesclun, a mixture of young, tender greens with a range of colors and textures.

8 carrots, cut into 1-inch pieces
2 parsnips, peeled and cut into 1-inch pieces
1 onion, cut into thin wedges
1 tablespoon olive oil
3 14.5-ounce cans chicken broth
1 teaspoon smoked paprika
1 teaspoon lemon juice
Ground black pepper
Mesclun (optional)

1 Preheat oven to 425°F. In a shallow baking pan combine carrots, parsnips, and onion. Drizzle with oil; toss gently to coat. Spread vegetables in a single layer. Roast, uncovered, for 35 to 40 minutes or until tender.

2 In a large saucepan combine roasted vegetables, broth, and paprika. Bring to boiling; cool slightly.

3 Transfer vegetable mixture, half at a time, to a blender or food processor. Cover and blend or process until smooth. Return pureed mixture to saucepan. Stir in lemon juice; heat

through. Season to taste with pepper. If desired, top each serving with mesclun.

nutrition facts per serving: 113 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 903 mg sodium, 20 g carb., 6 g dietary fiber, 3 g protein.

curried shrimp and coconut soup

start to finish: 15 minutes
makes: 5 servings

Just five ingredients and about 15 minutes stack up to a terrific starter for a special meal.

8 ounces fresh or frozen peeled and deveined small shrimp
2 14-ounce cans chicken broth
4 ounces dried angel-hair pasta or vermicelli, broken into 2-inch pieces
1 tablespoon curry powder
1 cup unsweetened coconut milk
Sliced green onion or snipped fresh chives

1 Thaw shrimp, if frozen. Rinse shrimp; pat dry with paper towels. Set aside.

2 In a large saucepan bring broth to boiling. Add pasta and curry powder; return to boiling. Boil gently for 3 minutes. Add shrimp; cook for 2 to 3 minutes more or until shrimp are opaque and pasta is tender. Stir in coconut milk; heat through. Sprinkle each serving with green onion.

nutrition facts per serving: 268 cal., 14 g total fat (11 g sat. fat), 69 mg chol., 762 mg sodium, 22 g carb., 2 g dietary fiber, 15 g protein.

edamame soup with feta croutons

start to finish: 30 minutes
makes: 6 servings

Edamame and carrots pair deliciously in this brothy soup. Crumb-coated and sautéed feta cheese cubes make up the tasty topper.

¾ cup chopped sweet onion
4 teaspoons canola oil
1 cup thinly sliced carrot (2 medium)
2 cloves garlic, minced
2 14-ounce can reduced-sodium vegetable broth
1 12-ounce package frozen sweet soybeans (edamame)
1½ teaspoons snipped fresh thyme
1 egg white
1 tablespoon water
½ cup panko (Japanese-style) bread crumbs
4 ounces reduced-fat feta cheese, cut into ¾-inch cubes
Fresh thyme leaves (optional)

1 In a large saucepan cook onion in 2 teaspoons of the hot oil over medium heat about 5 minutes or until tender, stirring occasionally. Add carrot and garlic; cook and stir for 1 minute more. Add broth and edamame. Bring to boiling; reduce heat. Simmer, uncovered, about 5 minutes or until edamame and carrot are tender. Stir in thyme.

2 Meanwhile, for feta croutons, in a small bowl beat egg white and the water with a fork until frothy. Place bread crumbs in another small bowl. Dip feta cubes, one at a time, into egg white mixture to coat. Allow excess egg white mixture to drip off; coat feta cubes in bread crumbs.

3 In a large skillet heat the remaining 2 teaspoons oil over medium-high heat. Add feta cubes. Cook for 2 to 3 minutes or until brown but not softened, turning carefully to brown all sides of cubes. Drain feta croutons on paper towels.

4 Top each serving with feta croutons and, if desired, thyme leaves.

nutrition facts per serving: 193 cal., 9 g total fat (2 g sat. fat), 6 mg chol., 621 mg sodium, 15 g carb., 4 g dietary fiber, 14 g protein.

curried tomato–red pepper soup

start to finish: 25 minutes
makes: 6 servings

Curry and roasted sweet peppers—plus an aromatic pesto topper—deliver big color and flavor in this simple starter soup.

1 cup orzo
2 10.75-ounce cans condensed tomato soup
2½ cups milk
2 cups chopped cooked chicken
1 cup bottled roasted red sweet peppers, drained and chopped
1 teaspoon curry powder
Pinch ground black pepper
2 tablespoons basil pesto

1 Cook pasta according to package directions. Drain; set aside.

2 Meanwhile, in a large saucepan stir together soup and milk. Heat over medium heat until soup simmers. Stir in cooked pasta, chicken, roasted sweet peppers, curry powder, and black pepper; heat through. Swirl 1 teaspoonful of basil pesto into each serving.

nutrition facts per serving: 362 cal., 9 g total fat (2 g sat. fat), 50 mg chol., 705 mg sodium, 45 g carb., 2 g dietary fiber, 23 g protein.

lowfat

she-crab soup

prep: 25 minutes **cook:** 50 minutes
makes: 8 servings

A Carolina favorite, this soup is usually made with crab roe. Since crab roe is only available for a short time, red caviar makes a tasty substitute that's available year-round. It gives the soup a delightful rosy hue.

1 tablespoon olive oil
1 cup chopped onion (2 medium)
½ cup sliced celery (1 stalk)
2 cloves garlic, minced
⅓ cup dry sherry
½ cup brown rice
1 recipe Fish Stock or 3 cups reduced-sodium chicken broth
2 tablespoons crab roe or red caviar
2 cups fat-free half-and-half
8 ounces fresh or frozen cooked crabmeat, cartilage removed and flaked*
1 tablespoon snipped fresh chives

1 In a large saucepan heat oil over medium-high heat; add onion, celery, and garlic. Cook and stir until tender. Add sherry. Bring to boiling; reduce heat. Boil gently, uncovered, until liquid is nearly evaporated.

2 Stir in brown rice. Add Fish Stock and crab roe. Bring to boiling; reduce heat. Simmer, covered, about 40 minutes or

until rice is very tender. Cool mixture slightly.

3 Transfer rice mixture, half at a time, to a blender or food processor. Cover and blend or process until almost smooth. Return pureed mixture to saucepan. Stir in half-and-half; heat through. Stir in crabmeat. Sprinkle each serving with snipped chives.

nutrition facts per serving: 160 cal., 3 g total fat (1 g sat. fat), 39 mg chol., 579 mg sodium, 19 g carb., 1 g dietary fiber, 9 g protein.

***note:** You can substitute canned lump crabmeat if fresh or frozen crabmeat is not available.

fish stock: Place the shells from 1 pound large shrimp in a large saucepan. Add 1 cup chopped carrot, ½ cup chopped celery with leaves, ⅓ cup chopped onion, 3 sprigs fresh parsley, 1 bay leaf, 3 whole black peppercorns, and ½ teaspoon salt. Add 3½ cups water and 1 tablespoon lemon juice. Bring to boiling; reduce heat. Simmer, covered, for 45 minutes. Strain mixture through 100-percent-cotton cheesecloth; discard solids. Store stock in the refrigerator for up to 3 days or in the freezer for up to 6 months. Makes 3 cups.

leek-gruyère cream soup

prep: 20 minutes **cook:** 15 minutes
makes: 8 servings

The subtle onion flavor of leeks blends sumptuously with the rich, nutty taste of Gruyère cheese in this velvety soup. Look for fresh-looking leeks with crisp green leaves and stalks no greater than 1½ inches in diameter.

6 cups chicken broth
4 cups sliced leek*
1 cup sliced fresh mushrooms
1 teaspoon dried fines herbes, crushed
½ teaspoon ground white pepper
⅓ cup all-purpose flour
1½ cups shredded Gruyère cheese (6 ounces)
2 tablespoons snipped fresh parsley
1 cup whipping cream
Thinly sliced leek (optional)

1 In a Dutch oven combine 4 cups of the broth, 4 cups leek, mushrooms, fines herbes, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 10 to 15 minutes or until leek is tender. Cool slightly.

2 Transfer leek mixture, one-third at a time, to a blender or food processor. Cover and blend or process until smooth. Return pureed mixture to Dutch oven. Stir in 1 cup of the remaining broth.

3 In a small bowl stir together remaining 1 cup of broth and flour until smooth. Stir into leek mixture in Dutch oven. Stir

in cheese and parsley; cook and stir over medium-low heat until slightly thickened and bubbly and cheese melts. Stir in whipping cream; heat through, but do not boil. If desired, garnish with additional sliced leeks.

nutrition facts per serving: 257 cal., 19 g total fat (11 g sat. fat), 60 mg chol., 768 mg sodium, 12 g carb., 1 g dietary fiber, 10 g protein.

***note:** See tip on cleaning leeks.

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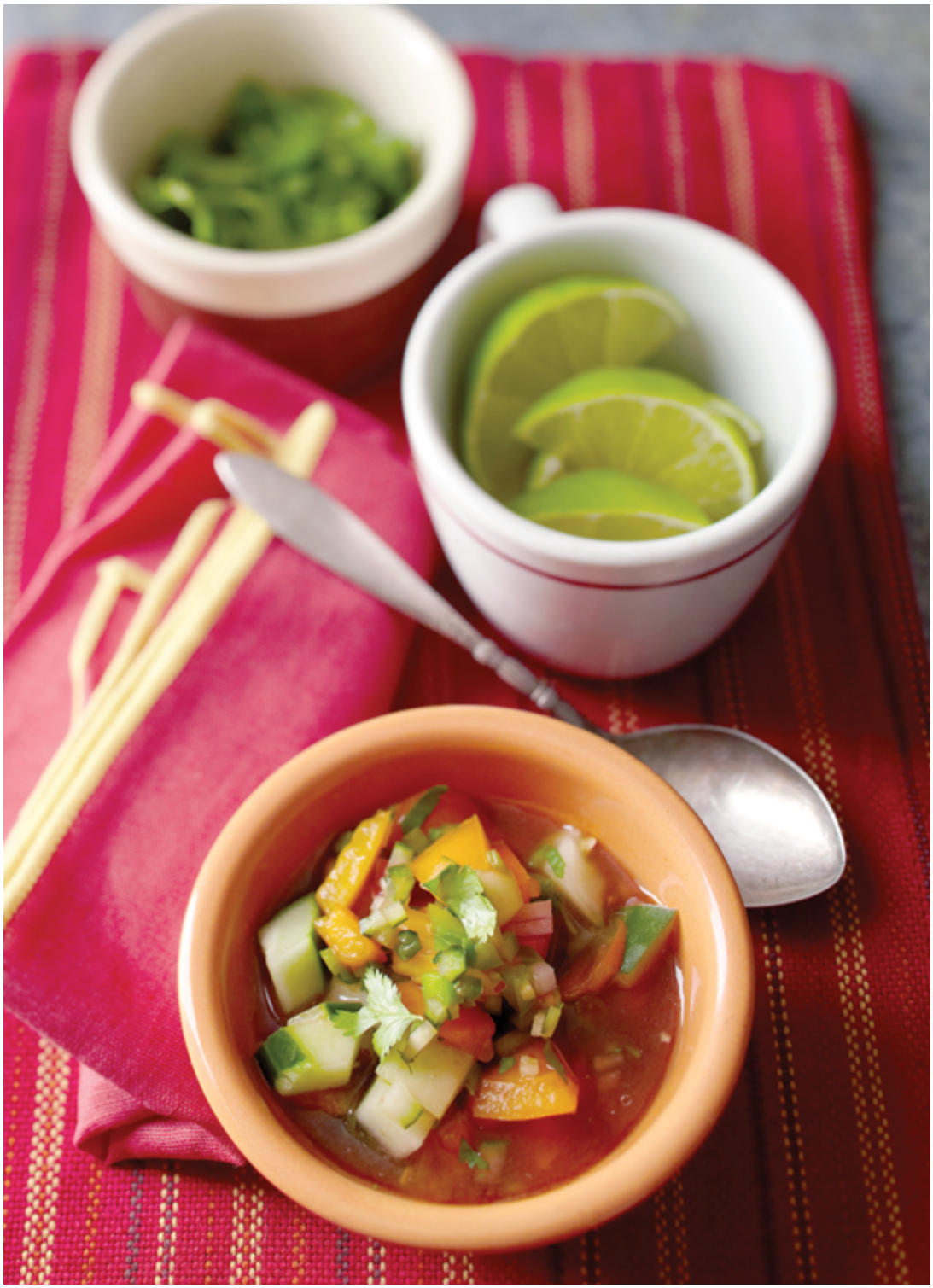
cool summer soups

Chilled soups made from fresh fruits and vegetables are a refreshing addition to warm-weather menus, whether it’s a creamy vichyssoise for lunch or a tropical fruit soup for dessert. You may even be tempted to tote the savory or sweet bowlfuls in an ice-filled cooler for your next alfresco feast.



Chilled Avocado Soup
Sweet Potato Vichyssoise
Chilled Tomato Soup with Corn Bread Croutons
Garden-Fresh Gazpacho
Cucumber-Chickpea Soup
Carrot-Cucumber Gazpacho
Cucumber-Yogurt-Mint Soup
Red and Green Gazpacho
Holy Guacamole Soup
Honey-Lime Gazpacho
Gazpacho with Garlic Croutons
Chilled Bloody Mary Soup
Lemon-Leek Vichyssoise
Chilled Tomato-Bean Soup
Watermelon Soup with Vegetables
Spiced Fruit Soup
Chilled Lemony Pea Soup
Strawberry-Melon Soup with Gingered Melon Balls

chilled avocado soup

prep: 15 minutes **chill:** 3 hours
makes: 6 servings

Try something new by topping this chilled appetizer soup with queso fresco, a lightly salty Mexican cheese that has a mild, tangy taste. For the best overall flavor, be sure to use ripe avocados.

3 avocados, halved, pitted, and peeled
1 cup chicken broth
¼ cup water
1 cup half-and-half or light cream
¼ teaspoon salt
⅛ teaspoon onion powder
Pinch ground white pepper
1 tablespoon lemon juice
Lemon wedges (optional)
Crumbled queso fresco (optional)

1 Place avocados, broth, and the water in a blender or food processor. Cover and blend or process until smooth. Add half-and-half, salt, onion powder, and white pepper. Cover and blend or process until combined.

2 Transfer avocado mixture to a glass bowl. Stir in lemon juice. Cover and chill for 3 to 24 hours. Stir before serving. If desired, garnish with lemon wedges and queso fresco.

nutrition facts per serving: 167 cal., 15 g total fat (5 g sat. fat), 15 mg chol., 287 mg sodium, 7 g carb., 3 g dietary fiber, 3 g protein.

sweet potato vichyssoise

prep: 20 minutes **cook:** 10 minutes **chill:** 4 hours
makes: 6 to 8 servings

Sweet potatoes enhance our version of this classic soup, traditionally made with regular potatoes and leeks.

2 cups sliced leek (6 medium) or chopped onion (4 medium)*
2 tablespoons butter
2 cups cubed, peeled potato (2 medium)
2 cups chicken broth
1½ cups cubed, peeled sweet potato (1 large)
1 cup apple cider or apple juice
¼ teaspoon salt
Pinch ground white pepper
2½ cups half-and-half, light cream, or whole milk
Sour cream (optional)
Snipped fresh chives (optional)

1 In a 3½- or 4-quart Dutch oven cook leek in hot butter until tender. Stir in potato, broth, sweet potato, apple cider, salt, and white pepper. Bring to boiling; reduce heat. Simmer, covered, for 10 to 15 minutes or until potatoes are tender.

2 Using an immersion blender, process until smooth**; transfer to a medium bowl. Stir half-and-half into potato mixture. If necessary, add more half-and-half to reach desired consistency. Chill for at least 4 hours. If desired, serve with sour cream and chives.

nutrition facts per serving: 270 cal., 16 g total fat (10 g sat. fat), 48 mg chol., 512 mg sodium, 25 g carb., 3 g dietary fiber, 5 g protein.

***note:** See tip on cleaning leeks.

****note:** If you don’t have an immersion blender, cool potato mixture slightly. Transfer to a blender or food processor. Cover and blend or process until smooth. Return mixture to saucepan. (It is important to pulse when blending the soup to avoid overworking the potatoes.)

chilled tomato soup with corn bread croutons

start to finish: 25 minutes **oven:** at 400°F
makes: 4 servings

Canned tomatoes combine with fresh cucumber, green onions, and avocado for this simple summertime soup. For an added crunch and sweetness, the soup is topped with homemade corn bread croutons.

1 8.5-ounce package corn muffin mix
1 tablespoon olive oil
1 teaspoon chili powder
2 14.5-ounce cans diced tomatoes with green pepper, celery, and onion, undrained
½ of an English cucumber, seeded and coarsely chopped*
3 green onions, trimmed and coarsely chopped
1 cup ice cubes
1 medium avocado, halved, pitted, peeled, and sliced
Assorted toppers (sliced green onion, chopped cucumber, and chili powder) (optional)
Olive oil

1 Preheat oven to 400°F. Prepare corn muffin mix according to package directions. Spread in lightly greased 13×9×2-inch baking pan. Bake for 14 minutes or until golden and a toothpick inserted near the center comes out clean. Cool slightly. Cut in 1-inch cubes. Toss with oil and chili powder. Place on baking sheet and toast in oven for 5 minutes or until crisp.

2 In a blender combine undrained tomatoes, cucumber, onions, and ice. Cover and blend until nearly smooth. Pour soup in bowls; top with avocado and half the croutons (reserve remaining for another use). If desired, sprinkle with additional green onion, cucumber, and chili powder. Drizzle with olive oil.

nutrition facts per serving: 482 cal., 22 g total fat (2 g sat. fat), 40 mg chol., 1061 mg sodium, 66 g carb., 5 g dietary fiber, 9 g protein.

***note:** Peel cucumber, if desired, for a lighter colored soup.

lowfat

garden-fresh gazpacho

prep: 40 minutes **chill:** 4 hours
makes: 12 servings

There is no cooking involved in creating this super-quick, refreshing summer soup. Serve it in small cups as a picnic appetizer.

6 cups coarsely chopped tomato (6 medium)
1 cup peeled, seeded, and coarsely chopped cucumber (1 medium)
1 cup coarsely chopped green sweet pepper (1 medium)
1 cup tomato juice
¾ cup beef broth
¼ cup red wine
¼ cup red onion, finely chopped
1 jalapeño pepper, seeded and finely chopped*
2 tablespoons snipped fresh cilantro
1 tablespoon red wine vinegar
4 cloves garlic, minced
Salt
Ground black pepper
Avocado pieces (optional)

1 In a very large bowl stir together tomato, cucumber, sweet pepper, tomato juice, broth, wine, onion, chile pepper, cilantro, vinegar, and garlic. Add salt and black pepper to taste. Cover and chill for at least 4 hours.

2 If desired, top each serving with avocado pieces.

nutrition facts per serving: 27 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 115 mg sodium, 5 g carb., 1 g dietary fiber, 1 g protein.

***note:** See tip on handling chile peppers.

seafood gazpacho: Prepare as directed, except before serving stir 8 ounces chopped cooked shrimp or 8 ounces lump crabmeat into the soup.

cucumber-chickpea soup

start to finish: 25 minutes
makes: 4 to 6 servings

Ingredients found in hummus—chickpeas, tahini, lemon juice, and garlic—jazz up this pureed soup. Look for tahini (sesame seed paste) in the ethnic foods section of the supermarket.

8 ounces peeled and deveined cooked cocktail shrimp, chopped
1 recipe Coriander-Paprika Spice Rub
2 medium cucumbers
1 15-ounce can garbanzo beans (chickpeas), rinsed and drained
¼ cup tahini (sesame seed paste)
¼ cup packed fresh mint leaves
2 tablespoons lemon juice
1 tablespoon olive oil
1 tablespoon honey
2 cloves garlic, smashed
1½ teaspoons ground coriander
¼ teaspoon salt
¼ teaspoon ground black pepper
¼ teaspoon cayenne pepper
3 cups ice cubes
½ cup cherry tomatoes, halved
4 green onions, cut into 1-inch slivers

1 In a medium bowl toss shrimp with Coriander Paprika Spice Rub; set aside. Thinly slice enough cucumber to

measure ⅓ cup; set aside. Peel, seed, and chop remaining cucumber.

2 In a blender combine chopped cucumber, chickpeas, tahini, mint, lemon juice, oil, honey, garlic, coriander, salt, black pepper, and cayenne pepper. Cover and blend until smooth, scraping sides of blender as needed.

3 Just before serving, with motor running, add ice cubes through lid opening a few at a time; process until smooth and thickened (blender will be full). Top each serving with shrimp, reserved sliced cucumber, tomatoes, and green onions.

nutrition facts per serving: 357 cal., 14 g total fat (2 g sat. fat), 111 mg chol., 752 mg sodium, 41 g carb., 7 g dietary fiber, 22 g protein.

coriander-paprika spice rub: In small bowl combine 1 teaspoon coriander, ½ teaspoon paprika, ¼ teaspoon salt, and ¼ teaspoon ground black pepper.

lowfat

carrot-cucumber gazpacho

prep: 25 minutes **chill:** 1 hour
makes: 5 servings

The jicama (HEE-kah-mah) is a crisp, sweet edible root with a unique flavor that resembles a cross between an apple and the water chestnut. When choosing jicama, look for medium-size, firm tubers with dry roots.

2 large (about 1 pound) tomatoes, quartered and seeded
1½ cups carrot juice
2 tablespoons coarsely chopped fresh chives
1 medium cucumber, seeded and coarsely chopped (1½ cups)
1½ cups fresh corn kernels (3 ears) (optional)
¼ of a jicama, peeled and chopped (1 cup)
½ cup shredded arugula
1 to 2 tablespoons prepared horseradish
½ teaspoon salt
4 large or 6 small radishes, quartered or cut into chunks
Shredded arugula (optional)
Coarsely chopped radishes (optional)
Fresh corn (optional)
Lime wedges (optional)

1 In a blender or food processor combine tomatoes, carrot juice, and chives. Cover and blend or process until smooth. Transfer pureed mixture to a large bowl. Stir in cucumber, corn (if desired), jicama, ½ cup arugula, horseradish, and

salt. Cover and refrigerate for at least 1 hour or up to 24 hours before serving.

2 Ladle soup into bowls or glasses. Top with the radishes. If desired, top with additional arugula, chopped radishes, and corn. Pass lime wedges.

nutrition facts per serving: 66 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 270 mg sodium, 15 g carb., 2 g dietary fiber, 2 g protein.

lowfat

cucumber-yogurt-mint soup

prep: 20 minutes **chill:** 2 hours
makes: 4 servings

This make-ahead soup is a great starter for a Mediterranean-inspired dinner featuring grilled lamb or chicken with roasted vegetables.

1 cucumber, peeled, seeded, and chopped
1 6-ounce carton plain low-fat yogurt
1 tablespoon lime juice
1 teaspoon honey
½ teaspoon ground cumin
¼ teaspoon salt
2 tablespoons milk (optional)
⅓ cup snipped fresh mint
Snipped fresh mint

In a food processor or blender combine cucumber, yogurt, lime juice, honey, cumin, and salt. Cover and process or blend until smooth. If necessary, stir in milk to reach desired consistency. Stir in ⅓ cup mint. Cover and chill for 2 to 24 hours. Stir soup before serving. If desired, sprinkle each serving with additional snipped mint.

nutrition facts per serving: 56 cal., 1 g total fat (1 g sat. fat), 3 mg chol., 176 mg sodium, 8 g carb., 1 g dietary fiber, 4 g protein.

lowfat

red and green gazpacho

prep: 30 minutes **chill:** 1 hour
makes: 6 servings

This make-ahead chilled soup is a colorful blend of tomatoes, tomatillos, cucumber, shrimp, and cilantro—it's as refreshing as it is easy.

3 cups chopped red and/or partially green tomatoes
½ cup chopped tomatillo
1 16-ounce can tomato juice (2 cups)
½ cup chopped cucumber
1 tablespoon seeded and finely chopped jalapeño pepper*
¼ cup finely chopped green onion
1 clove garlic, minced
¼ teaspoon bottled green hot pepper sauce
1 tablespoon olive oil
1 tablespoon lime juice
¼ cup finely snipped fresh cilantro
6 ounces peeled, cooked medium shrimp (12 to 15)

1 In a bowl combine tomatoes, tomatillo, tomato juice, cucumber, chile pepper, green onion, garlic, pepper sauce, oil, lime juice, and cilantro. Cover and chill for at least 1 hour and up to 8 hours.

2 To serve, reserve 6 shrimp. Coarsely chop remaining shrimp. Stir chopped shrimp into gazpacho. Spoon gazpacho into chilled bowls. Top each serving with reserved whole shrimp.

nutrition facts per serving: 90 cal., 3 g total fat (0 g sat. fat), 55 mg chol., 371 mg sodium, 10 g carb., 2 g dietary fiber, 8 g protein.

***note:** See tip on handling chile peppers.

holy guacamole soup

prep: 25 minutes **chill:** 2 hours
makes: 6 to 8 servings

Ripe, creamy avocados, zesty lime juice, tomato salsa, and aromatic cumin give this soup a definite Southwestern appeal.

1 tablespoon vegetable oil
1 tablespoon butter
1 cup chopped red onion (1 large)
6 cloves garlic, minced
3 medium avocados, halved, pitted, peeled, and mashed (1¾ cups)
1 14-ounce can chicken broth or vegetable broth
1½ cups whipping cream
1 cup bottled salsa
2 tablespoons lime juice
2 tablespoons lemon juice
1 tablespoon ground cumin
Assorted toppers (avocado slices, chopped red or yellow tomato, tortilla chips, lime slices, sour cream, and/or cooked shrimp) (optional)

In a 3-quart saucepan heat oil and butter over medium heat. Add onion and garlic; cook and stir about 5 minutes or until tender. Remove from heat; cool for 10 minutes. Stir in avocado, broth, whipping cream, salsa, lime juice, lemon juice, and cumin. Cover and chill for 2 to 4 hours. If desired, serve with assorted toppers.

nutrition facts per serving: 349 cal., 33 g total fat (16 g sat. fat), 88 mg chol., 436 mg sodium, 13 g carb., 4 g dietary fiber, 3 g protein.

lowfat

honey-lime gazpacho

start to finish: 20 minutes
makes: 4 servings

The Spanish chilled soup gazpacho epitomizes the glory of the late summer garden's bounty. Honey, lime, and fresh ginger infuse this version with cool, refreshing character.

3 ripe red tomatoes, cored, seeded, and cut into chunks
2 cucumbers, seeded and cut into chunks
2 orange sweet peppers, seeded and cut into chunks
1 jalapeño pepper, seeded and chopped*
1 clove garlic, minced
⅓ cup lime juice
2 tablespoons honey
2 tablespoons fresh cilantro leaves
1½ teaspoons grated fresh ginger
¼ teaspoon sea salt
Ice cubes
Lime wedges and green onions (optional)

1 In a large bowl combine tomatoes, cucumbers, sweet peppers, chile pepper, and garlic. Transfer the tomato mixture, half at a time, to a food processor. Cover and process with several on/off pulses until you have large chunks. Return all of the mixture to the food processor. Add lime juice, honey, cilantro, ginger, and ¼ teaspoon sea salt. Cover and process with several on/off pulses until the mixture is just a little chunky. If desired, season to taste with additional sea salt.

2 To serve, place 2 or 3 ice cubes in each of four shallow bowls or glasses; ladle soup over ice. If desired, serve with lime wedges and green onions.

nutrition facts per serving: 114 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 114 mg sodium, 28 g carb., 4 g dietary fiber, 3 g protein.

***note:** See tip on handling chile peppers.

lowfat

gazpacho with garlic croutons

prep: 20 minutes **chill:** 2 hours
makes: 8 servings

Choose the ripest tomatoes for the most luscious gazpacho. Sautéed in garlic and oil, whole wheat croutons add a delicious, satisfying crunch.

2 cloves garlic
3 ripe tomatoes, peeled and cut into chunks
1 cucumber, peeled and cut into chunks
½ red sweet pepper, cut into chunks
½ sweet white or red onion, cut into chunks
1 cup tomato juice
1 tablespoon lemon juice
¼ teaspoon salt
⅛ teaspoon cayenne pepper
1 tablespoon olive oil
2 slices whole wheat bread, cut into ½-inch cubes

1 With a food processor running, drop 1 garlic clove through the feed tube and process until finely chopped. Add tomatoes, cucumber, sweet pepper, and onion to food processor. Cover and process until smooth. Transfer pureed mixture to a large bowl. Stir in tomato juice, lemon juice, salt, and cayenne pepper. Cover and chill for 2 to 24 hours.

2 Meanwhile, mince remaining 1 clove garlic. In a large nonstick skillet cook garlic in hot oil over medium-low heat

until golden. Add bread cubes; cook and stir 3 minutes or until brown and crisp. Transfer croutons to a bowl and let cool.

3 Stir gazpacho before serving. Top each serving with croutons.

nutrition facts per serving: 61 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 189 mg sodium, 10 g carb., 2 g dietary fiber, 2 g protein.

chilled bloody mary soup

prep: 10 minutes **chill:** 1 hour
makes: 4 servings

The Ancho Chile Tomato Sauce adds a smoky depth and a kick of spice to this tomato-based soup. You can make the sauce ahead and cover and refrigerate it for up to 1 week to use in this richly spiced soup.

1 recipe Ancho Chile Tomato Sauce
1½ cups tomato juice
¼ cup lemon juice
1 tablespoon Worcestershire sauce
1 tablespoon prepared horseradish
½ teaspoon celery salt
Prepared horseradish (optional)
Bottled hot pepper sauce (optional)

In a blender combine Ancho Chile Tomato Sauce, tomato juice, lemon juice, Worcestershire sauce, horseradish, and celery salt. Cover and blend until smooth. Refrigerate, covered, for at least 1 hour or up to 3 days. If desired, add a dollop of horseradish or a few splashes of bottled hot pepper sauce to each serving.

nutrition facts per serving: 145 cal., 8 g total fat (1 g sat. fat), 0 mg chol., 973 mg sodium, 19 g carb., 4 g dietary fiber, 3 g protein.

ancho chile tomato sauce: Core 2¼ pounds tomatoes (5 or 6 medium) and cut in half; squeeze out and discard seeds. Cut tomatoes in chunks. Transfer tomato chunks, one-third at a time, to a food processor or blender. Cover and process or blend with several on/off turns; tomatoes should remain chunky. Transfer tomato mixture to a medium bowl. You should have about 3¼ cups tomatoes. Set aside. In a medium saucepan, heat 2 tablespoons olive oil over medium heat. Add ½ cup finely chopped onion; cook and stir until tender. Stir in 2 cloves garlic, minced, and 1 tablespoon ancho chile powder; cook and stir for 1 minute. Stir in tomatoes. Bring to boiling; reduce heat. Simmer gently, uncovered, about 15 minutes or until sauce is thickened. Stir in ¼ cup snipped fresh basil and ¾ teaspoon salt; heat through. Makes about 3 cups.

lowfat

lemon-leek vichyssoise

prep: 35 minutes **cook:** 15 minutes **chill:** 8 hours
makes: 16 to 20 servings

Buttermilk brings a pleasant tang to this classic French chilled potato soup. If you don't have room in your refrigerator to store a large container of the soup, add the buttermilk just before serving.

6 medium leeks, thinly sliced*
2 tablespoons olive oil or vegetable oil
3 pounds potatoes, peeled and sliced
3 14-ounce cans reduced-sodium chicken broth
2 teaspoons finely shredded lemon zest
½ teaspoon salt
½ teaspoon ground white pepper
4 cups buttermilk
1 8-ounce carton fat-free or light sour cream
1 tablespoon lemon juice
Lemon wedges (optional)

1 In a 4- to 5-quart Dutch oven cook leeks in hot oil until tender. Remove about half of the leeks with a slotted spoon. Transfer to a small container; cover and chill. Add potatoes, broth, lemon zest, salt, and white pepper to leeks in Dutch oven. Bring to boiling; reduce heat. Simmer, covered, about 15 minutes or until potatoes are tender. Cool slightly.

2 Transfer potato mixture in small batches to a blender or food processor. Cover and blend or process until smooth.

Transfer pureed mixture to a very large container. Stir in buttermilk. Cover and chill for 8 to 48 hours.

3 Ladle into appetizer-size soup cups or bowls. In a small bowl, combine sour cream and lemon juice. Dollop a small spoonful of the sour cream mixture onto each serving. Top with chilled leek slices. If desired, serve with lemon wedges.

nutrition facts per serving: 115 cal., 2 g total fat (1 g sat. fat), 2 mg chol., 329 mg sodium, 19 g carb., 1 g dietary fiber, 5 g protein.

***note:** To clean leeks, halve them lengthwise; rinse under cold running water, separating the layers to remove any dirt hidden inside.

lowfat

chilled tomato-bean soup

prep: 40 minutes **chill:** 4 hours
makes: 8 to 10 servings

The combination of chunky vegetables gives this refreshing soup a beautiful color. The garlic and lemon juice gives it a bit of zip.

1 28-ounce can crushed tomatoes
1 15-ounce can garbanzo beans (chickpeas), rinsed and drained
1 14.5-ounce can diced tomatoes with basil, garlic, and oregano, undrained
1 11.5-ounce can hot-style vegetable juice
1 cup water
1 7-ounce jar roasted red sweet peppers, drained and chopped
1 medium cucumber, seeded and coarsely chopped
½ cup thinly sliced green onion (4)
½ cup snipped fresh parsley
¼ cup lemon or lime juice
4 cloves garlic, minced
Whole green onions (optional)

1 In a large mixing bowl combine crushed tomatoes, garbanzo beans, undrained diced tomatoes, vegetable juice, the water, roasted sweet peppers, cucumber, ½ cup green onion, parsley, lemon juice, and garlic. Cover and chill for 4 to 24 hours

2 To serve, ladle soup into bowls or mugs. Garnish with whole green onions, if desired.

nutrition facts per serving: 116 cal., 1 g total fat, 0 mg chol., 797 mg sodium, 24 g carb., 5 g dietary fiber, 5 g protein.

lowfat

watermelon soup with vegetables

prep: 25 minutes **chill:** up to 4 hours
makes: 6 servings

If your watermelon is good and sweet, omit the sugar. Besides giving the soup a pretty presentation, the vegetable confetti adds flavor and crunch. Use a vegetable peeler to create the thin strips.

1 5- to 6-pound seedless watermelon
Sugar (optional)
¾ cup finely julienned strips of carrot, zucchini, and/or yellow summer squash
1 tablespoon balsamic vinegar

1 Halve melon; scoop out pulp. Transfer pulp in batches to a blender or food processor. Cover and blend or process until smooth. Line a large colander with a double thickness of 100-percent-cotton cheesecloth. Strain pulp through cheesecloth, pressing out as much juice as possible. Discard pulp. Measure 6 cups watermelon juice. (Add water, if necessary, to equal 6 cups.)

2 Add sugar to taste. Cover and refrigerate soup until ready to serve.

3 Meanwhile, cook vegetables in a small amount of lightly salted boiling water for 2 minutes. Drain; transfer to a bowl

of ice water to cool. Drain; wrap in plastic wrap. Chill in refrigerator until ready to serve.

4 To serve, stir balsamic vinegar into juice mixture. Ladle into bowls. Float strips of vegetables on top.

nutrition facts per serving: 69 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 13 mg sodium, 17 g carb., 1 g dietary fiber, 1 g protein.

keep it cool

Serve your summer soup in chilled bowls so it stays refreshing longer. To chill soup bowls, place them in the refrigerator for 10 to 15 minutes before serving time.

lowfat

spiced fruit soup

prep: 10 minutes **cook:** 5 minutes **chill:** 6 to 24 hours
makes: 6 servings

Using a high oven temperature concentrates the mulled-fruit flavor of the pear, plums, cranberries, and apple in this gently spiced dessert.

1 cup cranberries (4 ounces)
1 medium pear, cored and cut into bite-size pieces
1 medium cooking apple (such as Rome, Jonathan, or Fuji), cored and cut into bite-size pieces
3 plums, halved, pitted, and cut into thin slices
3 cups cranberry-apple juice
¼ cup packed brown sugar
1 tablespoon lemon juice
2 3-inch pieces stick cinnamon

In a large saucepan combine cranberries, pear, apple, and plums. Stir in cranberry-apple juice, brown sugar, lemon juice, and cinnamon sticks. Bring to boiling; reduce heat. Simmer, covered, for 5 to 6 minutes or until fruit is tender and skins on cranberries pop. Discard cinnamon sticks. Remove from heat; cool. Cover; chill 6 to 24 hours. Serve cold.

nutrition facts per serving: 174 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 13 mg sodium, 45 g carb., 3 g dietary fiber, 1 g protein.

lowfat

chilled lemony pea soup

prep: 5 minutes **cook:** 8 minutes **chill:** 1 hour
makes: 4 servings

Enjoy this brisk, sweet soup best as a palate-refreshing chiller on a warm sunny day. To serve as a piping-hot comforter on a cold day, return the blended peas mixture to saucepan. Heat through and stir in the lemon juice.

2 teaspoons olive oil
¼ cup sliced green onion (2)
1 14-ounce can reduced-sodium chicken broth
2 teaspoons cornstarch
2 cups shelled fresh peas or one 10-ounce package frozen peas, thawed
1 tablespoon snipped fresh mint
1 tablespoon lemon juice
Lemon slices

1 In a medium saucepan heat oil over medium heat. Add green onion; cook and stir for 30 seconds or until soft. Reserve 2 tablespoons of the chicken broth; add remaining broth to saucepan. Bring to boiling; reduce heat. Cook, covered, over medium-low heat for 5 minutes.

2 In a small bowl stir together cornstarch and reserved broth until smooth. Add cornstarch mixture to saucepan; cook and stir until slightly thickened and bubbly. Cook and stir for 2 minutes more. Remove from heat. Stir in peas and mint. Let mixture cool slightly.

3 Transfer pea mixture to a blender or food processor. Cover and blend or process until smooth. Transfer pureed mixture to a bowl. Cover and chill thoroughly, at least 1 hour. To serve, stir in lemon juice and garnish with lemon slices.

nutrition facts per serving: 93 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 276 mg sodium, 13 g carb., 4 g dietary fiber, 5 g protein.

strawberry-melon soup with gingered melon balls

prep: 40 minutes **cook:** 5 minutes **chill:** overnight
makes: 8 servings

Reserve your ripest, juiciest melons for this tangy, sweet, and invigorating soup. Smell the melons when you shop for them at the market; they should make you want to close your eyes and drink in their fragrance.

1 small cantaloupe
½ of a small honeydew melon
½ cup unsweetened pineapple juice
⅓ cup sugar
1 tablespoon grated fresh ginger
1 8-ounce carton sour cream
1 6-ounce carton vanilla yogurt
4 cups fresh or frozen unsweetened strawberries
2 cups milk
Fresh mint leaves (optional)

1 Using a small melon baller, scoop cantaloupe and honeydew into balls or use a knife to cut melons into cubes. You should have about 4 cups cantaloupe and 2 cups honeydew. Set melon pieces aside.

2 In a small saucepan combine pineapple juice, sugar, and ginger. Bring to boiling, stirring until sugar dissolves; reduce heat. Simmer, uncovered, over medium heat for 5 to 7 minutes or until mixture is the consistency of a thin syrup. Remove from heat; cool. Transfer syrup to a storage

container. Add 2 cups of the cantaloupe pieces and all of the honeydew pieces. Cover and chill overnight.

3 Meanwhile, in a large bowl stir together sour cream and yogurt; set aside. In a blender or food processor, blend or process strawberries until smooth. Add pureed strawberries to sour cream mixture. Add remaining 2 cups cantaloupe pieces to blender or food processor. Cover and blend or process until smooth. Add pureed melon and milk to strawberry mixture; stir to combine. Cover and chill overnight.

4 To serve, drain melon balls, reserving syrup. Stir reserved syrup into the chilled soup. Ladle soup into bowls; top with melon balls. If desired, garnish with mint leaves.

nutrition facts per serving: 198 cal., 7 g total fat (4 g sat. fat), 21 mg chol., 78 mg sodium, 30 g carb., 2 g dietary fiber, 5 g protein.

metric information

The charts on this page provide a guide for converting measurements from the U.S. customary system, which is used throughout this book, to the metric system.

Product Differences

Most of the ingredients called for in the recipes in this book are available in most countries. However, some are known by different names. Here are some common American ingredients and their possible counterparts:

- Sugar (white) is granulated, fine granulated, or castor sugar.
- Confectioners' sugar is icing sugar.
- All-purpose flour is enriched, bleached, or unbleached white household flour. When self-rising flour is used in place of all-purpose flour in a recipe that calls for leavening, omit the leavening agent (baking soda or baking powder) and salt.
- Light-colored corn syrup is golden syrup.
- Cornstarch is cornflour.
- Baking soda is bicarbonate of soda.
- Vanilla or vanilla extract is vanilla essence.
- Green, red, or yellow sweet peppers are capsicums or bell peppers.
- Golden raisins are sultanas.

Volume and Weight

The United States traditionally uses cup measures for liquid and solid ingredients. The chart below shows the approximate imperial and metric equivalents. If you are

accustomed to weighing solid ingredients, the following approximate equivalents will be helpful.

- 1 cup butter, castor sugar, or rice = 8 ounces = ½ pound = 250 grams
- 1 cup flour = 4 ounces = ¼ pound = 125 grams
- 1 cup icing sugar = 5 ounces = 150 grams

Canadian and U.S. volume for a cup measure is 8 fluid ounces (237 ml), but the standard metric equivalent is 250 ml.

1 British imperial cup is 10 fluid ounces.

In Australia, 1 tablespoon equals 20 ml, and there are 4 teaspoons in the Australian tablespoon.

Spoon measures are used for smaller amounts of ingredients. Although the size of the tablespoon varies slightly in different countries, for practical purposes and for recipes in this book, a straight substitution is all that’s necessary. Measurements made using cups or spoons always should be level unless stated otherwise.

Common Weight Range Replacements

Imperial / U.S.	Metric
½ ounce	15 g
1 ounce	25 g or 30 g
4 ounces (¼ pound)	115 g or 125 g
8 ounces (½ pound)	225 g or 250 g
16 ounces (1 pound)	450 g or 500 g
1¼ pounds	625 g
1½ pounds	750 g
2 pounds or 2¼ pounds	1,000 g or 1 Kg

Oven Temperature Equivalents

Fahrenheit	Celsius	Gas Setting
300°F	150°C	Gas Mark 2 (very low)
325°F	160°C	Gas Mark 3 (low)
350°F	180°C	Gas Mark 4 (moderate)
375°F	190°C	Gas Mark 5 (moderate)
400°F	200°C	Gas Mark 6 (hot)
425°F	220°C	Gas Mark 7 (hot)
450°F	230°C	Gas Mark 8 (very hot)
475°F	240°C	Gas Mark 9 (very hot)
500°F	260°C	Gas Mark 10 (extremely hot)
Broil	Broil	Grill

**Electric and gas ovens may be calibrated using Celsius. However, for an electric oven, increase Celsius setting 10 to 20 degrees when cooking above 160°C. For convection or forced air ovens (gas or electric) lower the temperature setting 25°F/10°C when cooking at all heat levels.*

Baking Pan Sizes

Imperial / U.S.	Metric
9×1½-inch round cake pan	22- or 23×4-cm (1.5 L)
9×1½-inch pie plate	22- or 23×4-cm (1 L)
8×8×2-inch square cake pan	20×5-cm (2 L)
9×9×2-inch square cake pan	22- or 23×4.5-cm (2.5 L)
11×7×1½-inch baking pan	28×17×4-cm (2 L)
2-quart rectangular baking pan	30×19×4.5-cm (3 L)
13×9×2-inch baking pan	34×22×4.5-cm (3.5 L)
15×10×1-inch jelly roll pan	40×25×2-cm
9×5×3-inch loaf pan	23×13×8-cm (2 L)
2-quart casserole	2 L

U.S. / Standard Metric Equivalents

1/8 teaspoon = 0.5 ml
1/4 teaspoon = 1 ml
1/2 teaspoon = 2 ml
1 teaspoon = 5 ml
1 tablespoon = 15 ml
2 tablespoons = 25 ml
1/4 cup = 2 fluid ounces = 50 ml
1/3 cup = 3 fluid ounces = 75 ml
1/2 cup = 4 fluid ounces = 125 ml
2/3 cup = 5 fluid ounces = 150 ml
3/4 cup = 6 fluid ounces = 175 ml
1 cup = 8 fluid ounces = 250 ml
2 cups = 1 pint = 500 ml
1 quart = 1 liter

emergency substitutions

If you don't have:	Substitute:
Bacon, 1 slice, crisp-cooked, crumbled	1 tablespoon cooked bacon pieces
Baking powder, 1 teaspoon	½ teaspoon cream of tartar plus ¼ teaspoon baking soda
Balsamic vinegar, 1 tablespoon	1 tablespoon cider vinegar or red wine vinegar plus ½ teaspoon sugar
Bread crumbs, fine dry, ¼ cup	¾ cup soft bread crumbs, or ¼ cup cracker crumbs, or ¼ cup cornflake crumbs
Broth, beef or chicken, 1 cup	1 teaspoon or 1 cube instant beef or chicken bouillon plus 1 cup hot water
Butter, 1 cup	1 cup shortening plus ¼ teaspoon salt, if desired
Buttermilk, 1 cup	1 tablespoon lemon juice or vinegar plus enough milk to make 1 cup (let stand 5 minutes before using) or 1 cup plain yogurt
Chocolate, semisweet, 1 ounce	3 tablespoons semisweet chocolate pieces, or 1 ounce unsweetened chocolate plus 1 tablespoon granulated sugar, or 1 tablespoon unsweetened cocoa powder plus 2 teaspoons sugar and 2 teaspoons shortening
Chocolate, sweet baking, 4 ounces	¼ cup unsweetened cocoa powder plus ⅓ cup granulated sugar and 3 tablespoons shortening
Chocolate, unsweetened, 1 ounce	3 tablespoons unsweetened cocoa powder plus 1 tablespoon cooking oil or shortening, melted

Cornstarch, 1 tablespoon (for thickening)	2 tablespoons all-purpose flour
Corn syrup (light), 1 cup	1 cup granulated sugar plus ¼ cup water
Egg, 1 whole	2 egg whites, or 2 egg yolks, or ¼ cup refrigerated or frozen egg product, thawed
Flour, cake, 1 cup	1 cup minus 2 tablespoons all-purpose flour
Flour, self-rising, 1 cup	1 cup all-purpose flour plus 1 teaspoon baking powder, ½ teaspoon salt, and ¼ teaspoon baking soda
Garlic, 1 clove	½ teaspoon bottled minced garlic or ⅛ teaspoon garlic powder
Ginger, grated fresh, 1 teaspoon	¼ teaspoon ground ginger
Half-and-half or light cream, 1 cup	1 tablespoon melted butter or margarine plus enough whole milk to make 1 cup
Molasses, 1 cup	1 cup honey
Mustard, dry, 1 teaspoon	1 tablespoon prepared (in cooked mixtures)
Mustard, yellow, 1 tablespoon	½ teaspoon dry mustard plus 2 teaspoons vinegar
Onion, chopped, ½ cup	2 tablespoons dried minced onion or ½ teaspoon onion powder
Sour cream, dairy, 1 cup	1 cup plain yogurt
Sugar,	1 cup packed brown sugar or 2 cups sifted confectioners’

granulated, 1 cup	sugar
Sugar, brown, 1 cup packed	1 cup granulated sugar plus 2 tablespoons molasses
Tomato juice, 1 cup	½ cup tomato sauce plus ½ cup water
Tomato sauce, 2 cups	¾ cup tomato paste plus 1 cup water
Vanilla bean, 1 whole	2 teaspoons vanilla extract
Wine, red, 1 cup	1 cup beef or chicken broth in savory recipes; cranberry juice in desserts
Wine, white, 1 cup	1 cup chicken broth in savory recipes; apple juice or white grape juice in desserts
Yeast, active dry, 1 package	about 2¼ teaspoons active dry yeast
Seasonings	
Apple pie spice, 1 teaspoon	½ teaspoon ground cinnamon plus ¼ teaspoon ground nutmeg, ⅛ teaspoon ground allspice, and dash ground cloves or ginger
Cajun seasoning, 1 tablespoon	½ teaspoon white pepper, ½ teaspoon garlic powder, ½ teaspoon onion powder, ½ teaspoon ground red pepper, ½ teaspoon paprika, and ½ teaspoon black pepper
Herbs, snipped fresh, 1 tablespoon	½ to 1 teaspoon dried herb, crushed, or ½ teaspoon ground herb
Poultry seasoning, 1 teaspoon	¾ teaspoon dried sage, crushed, plus ¼ teaspoon dried thyme or marjoram, crushed
Pumpkin pie spice, 1 teaspoon	½ teaspoon ground cinnamon plus ¼ teaspoon ground ginger, ¼ teaspoon ground allspice, and ⅛ teaspoon ground nutmeg